

## NEWS & VIEWS LEAD STORY

# Feeding hungry Airmen

*Eglin Air Force Base, Fla., dining facilities serve three squares per day with a smile despite heavy deployments; see story on pages 8 and 9*

Staff Sgt. Dana Wright, Eglin Breeze Dining Facility storeroom NCOIC, pulls a can of soup from the store room shelf during the lunch-hour meal at the dining facility. Funding was provided to revamp services to the Breeze customers, including a grill, specialty bar, a flat-screen television, portable table speakers and an Internet café. Photo by Senior Airman Mike Meares



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# FROM THE FRONTLINES

## A Services guest commentary

# Tradition continues at Club McConnell

**By Lt. Col. Scott Meeker**  
22nd Services Squadron commander  
McConnell Air Force Base, Kans.

### ***Back in the day***

Did you know back in "the day" being a member of "The Club" actually meant you were a member of the Officer, NCO or Airman Clubs?

There were separate clubs for different ranks, and membership was in the 70-90 percent range.

The numbers have declined over the years, and many clubs have consolidated, but the benefits of being a member have not changed.

Being a member is an important part of military tradition because of both the tangible and intangible benefits the club provides.

### ***Intangibles***

While the tangible benefits are important, I believe

the intangible benefits are irreplaceable.

The intangible benefits I'm referring to are camaraderie and esprit de corps, which are by products of an active club. They thrive in an active club. They become force multipliers and thus are critical to the success of any mission.

There is one other intangible benefit to being an active club member, and that is networking.

I've often heard it said, especially from longtime club members, that "I can get more 'work' done at the Club on a Friday night than I can in three days

sitting in my office." Why? Because when you're an active club member you have the opportunity to talk candidly with subordinates, peers, supervisors or wing leadership about issues, which are often unrelated to your job.

In a social setting, people feel more comfortable to talk, and are able to ask a question they would otherwise not dream about asking in the boss' office.

So whether it's unwinding after a tough week at work; celebrating a buddy's promotion; or mingling with fellow Airmen and senior leadership after a wing run, networks, camaraderie and esprit de

corps are developing.

### ***We're committed***

At Club McConnell, we are committed to carrying on the club tradition. We are also committed to making your membership worthwhile and providing you with service that exceeds your expectations.

That's what we mean when we say "Services norm, take 'em by storm!"

If that's not your experience, I personally want to know. Give us the opportunity to take you by storm.

## ***From the editor***

Many of our stories involve our troops serving in remote and dangerous places. Beginning with this issue of "News & Views," we will highlight these stories. From now on, whenever you see a story or photo with this sub-headline on it:

# FROM THE FRONTLINES

you will know that it involves our deployed Services troops, either directly or indirectly.

# NAF-T Report: What is AFSFMS?

By HQ AFSVA/SVT Staff  
San Antonio, Texas

*Editor's note: This is the first in a series of three articles from NAF-T introducing the new Air Force Services Financial Management System.*

AFSFMS is the acronym for the new Air Force Services Financial Management System. It is a tailored accounting and payroll system developed to meet the growing needs of Services professionals to obtain financial information. It provides automated consolidated nonappropriated fund accounting and payroll functions.

When fully deployed, AFSFMS fulfills NAF Transformation Phase 1 requirements to acquire a commercial off-the-shelf solution for NAF accounting and payroll.

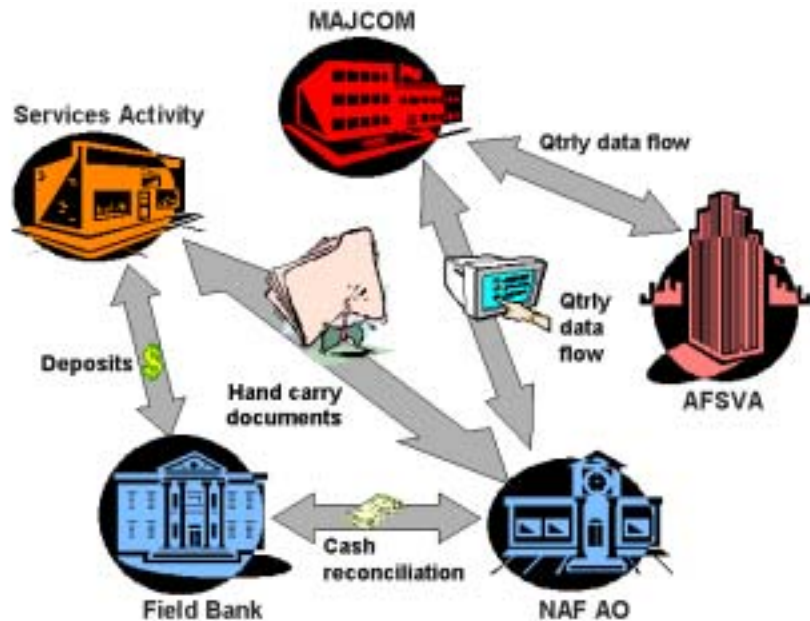
AFSFMS replaces both the Field Accounting System and the NAF Management Information System.

AFSFMS improves and automates NAF accounting and payroll functions to support Air Force Services activities.

## AFSFMS background:

In June 2002, the contracted business process re-engineering study for NAF accounting processes benchmarked Air Force Services accounting and payroll functions against industry best practices.

It concluded there was a significant lack of standardized processes and that most processes were manual and labor intensive as shown in Figure 1, Current Business Process.



The study made several recommendations; one of which was acquiring and implementing a COTS solution.

## Current business process

Air Force Services leadership fully embraced the recommendations and transformation efforts began in early fiscal 2003.

The AFSFMS contract was awarded in early March 2004. AFSFMS hardware and software was acquired in April 2004. Configuring software to support NAF processing requirements began in May 2004.

In March, AFSVA began the validating phase of AFSFMS. This includes parallel operations testing prior to deployment at the three test bases: Davis Monthan AFB, Ariz., Whiteman AFB, Mo., and Minot AFB, Neb., as well as at Air Combat Command headquarters.

These three bases represent small, medium and large Air Force Services operations.

## AFSFMS business modules:

AFSFMS uses five business modules in the Oracle 11i E-Business Suite database. The Accounts Payable module pays vendors for merchandise and services.

The Accounts Receivable module manages the customer base and revenue transactions processes. The General Ledger module is the collection point for all financial transactions and integrates sub-ledger activities, consolidates accounts and produces all financial reports.

The Fixed Asset module supports asset tracking and storing of information to follow owned, purchased, leased, loaned and

Continued on next page



# AAFES, MWR officials testify to congressional committee

By Staff Sgt. Julie Weckerlein  
Air Force Print News

Air Force officials overseeing morale, welfare and recreation for Airmen testified before the House Armed Services Committee military personnel subcommittee recently.

Maj. Gen. Paul Essex, commander of the Army and Air Force Exchange Service, and Arthur Myers, director of Air Force Services, both spoke of their organizations' commitment to serving their customers — service members and their families.

"Our primary job is to maintain the number one weapon system in our nation's arsenal: our people," Mr. Myers said.

The two testified alongside six other MWR and military resale

representatives from the other branches of service, all to give an overview of the morale and welfare of troops worldwide.

From overseeing childcare to mortuary affairs and everything in between, Air Force Services is also busy continuing its support of service members and families, Mr. Myers said during his testimony.

In his written statement, Mr. Myers praised the family liaison officer program.

"Since the inception of the survivor assistance program six years ago," he said, "more than 1,400 FLOs have been appointed to serve our families. Each case is different and the needs of each family vary; therefore, the FLO program remains flexible and responsive."

Mr. Myers also testified that the Air Force continues with its aggressive program to reduce the current shortfall of spaces needed in child care activities.

"We realize that child care ranks among the top priorities of all Air Force parents," he said. "With today's high operations tempo, the challenge to ensure this care is affordable and available has taken on even greater importance." Mr. Myers said he is proud of his services team and their motivation and unwavering morale.

"An organization is only as good as the support it provides to its members and their families," he said. "This fact drives our commitment and focus to take care of Air Force families."

## Part one of the AFSFMS story *continued from page 4*

consigned items from acquisition to disposal.

The Human Resource module supports employee payroll and benefits.

Additionally, AFSFMS takes advantage of the Oracle Self-Service Web Applications, which allows end-users to effect employee changes (e.g. W-2, address and bank account information) on-line.

### Accessing AFSFMS:

AFSFMS end-users will use their base or commercial wide area network to access AFSFMS via the NIPRNet or Internet.

### Obtaining reports:

Reports are available from AFSFMS using the Oracle Discoverer on-line reporting tool, which allows real-time access to an activities' financial data.

Easy to use, Discoverer allows end-users to obtain desired information without relying on programmers and without knowing the query language.

MAJCOM/SVs and base-level NAF Accounting Offices will use Oracle's Discoverer Plus tool to view subordinate activities' reports, retrieve/analyze data, and produce reports in printed format or electronic formats.

All others users will use Oracle's Discoverer Viewer tool. This tool of-

fers end users and data analysts an intuitive and easy to use way to view reports.

You can also export data and graphs into popular formats like Microsoft Power Point and Excel.

### Summary:

AFSFMS replaces both FAS and NAFMIS and implements efficient business processes and provides greater access to NAF financial data to support Air Force Services decision makers.

For more info see: <https://www-r.afsv.af.mil/NAFT/>. The next NAF-T Report will discuss the benefits of COTS automation.

# 12,000 find the frenzy in Football Frenzy

By Jimmy Johnson  
Air Force Services Agency

More than 12,000 entries were submitted during Football Frenzy's six-month promotion. This year's give-a-ways included Air Force logo hats, Football Frenzy logo t-shirts, Air Force logo mini-coolers, and three trips to National Football League games (one regular season game, the Super Bowl and the Pro Bowl).

All trips included round-trip airfare for two, hotel accommodations, game tickets, rental car and local attraction tickets.

This year eight lucky club members and guests were selected for a December trip to see the Miami Dolphins take on the San Diego Chargers in San Diego, Calif.

While in San Diego, winners spent a day at the world-famous San Diego Zoo on a private tour, and did plenty of holiday shopping.

Then in early February, four winners and their guests won trips to enjoy the biggest sporting event of the year, Super Bowl XL in Detroit, Mich.

Along with tickets to the game, winners received tickets to the NFL Experience and the Miller Super Bowl Tailgate Party.

Four winners and guests were treated to five days of fun-in-the-



**2005 Football Frenzy winners pose outside the San Diego Zoo. From left, Col. and Mrs. Michael Madigan, Master Sgt. Brian and Karen Bartsh, Tech. Sgt. Dale and Klari Carlson, Roy Dickerson and Patrick French, Maj. Wanda and Paul Harris, Staff Sgt. Christopher and Crystal Smith, Tech. Sgt. Griffin and Shawna Bradley, William Hunt and Mark Vitela. Not pictured are Tech. Sgt. Anthony and Karen Lamia.**

sun at the Pro Bowl in Honolulu. While in Hawaii, winners enjoyed a traditional Hawaiian luau, shopping at the swap meet, the Miller Tailgate Party and limousine service to and from the game.

San Diego winner, Staff Sgt. Christopher Smith from Charleston Air Force Base, S.C., said, "Our trip to San Diego was one the best vacations my wife and I have ever had."

Super Bowl winner Airman 1<sup>st</sup> Class Brian Gravelle said, "It's important people realize that real people win these things. "

"I highly recommend club membership to anyone who is eligible", said retired Chief Master Sgt. Rodney Smith from Robins AFB, Ga., who won a trip to the Pro Bowl. "I've been a club member from day one. My wife and I go to the club every week for Football Frenzy."

Football Frenzy is made possible through Air Force Clubs and the continued support of our sponsors including Miller Brewing Company, Inc., and American Airlines.

## 'Summer Strike Force' at AF bowling centers

This summer, customers at 75 Air Force bowling centers worldwide will be "striking" prizes and cash. Patrons will receive punch cards when participating in programs at the bowling center, as part of the Air Force Services-wide Summer Strike Force bowling promotion, which takes off June 1.

Sponsored by QubicaAMF and Coca-Cola, Summer Strike Force gives participants the opportunity to earn rewards by collecting punches on three levels of punch cards – red, white and blue. For every 10 punches, patrons will receive the corresponding reward for that level (while supplies last), such as floating star pens, keychains, Strike force "bowling shirt" koozies, towels, t-shirts or caps. Every card

completed becomes an entry for monthly prizes like a collectible patriotic bowling pin, bowling ball and bag. Blue level cards can enter for a chance to win a \$500 cash grand prize or \$250 second prize.

Punches are given for every game bowled or large Coca-Cola fountain beverage purchased at the bowling center snack bar through July 31 (largest size available at each center). Participants will also receive a coupon good for a free medium Coca-Cola beverage and a free game of bowling for every card completed. No purchase is necessary to enter to win monthly and grand prizes. For contest rules and entry information, visit the nearest Air Force base bowling center.



# Agency members run, walk for cancer research

Volunteers from Air Force Services Agency line up prior to the ninth annual Susan B. Komen Race for the Cure. Courtesy photo

**By Steve VanWert**  
**Air Force Services Agency**

Almost 30,000 women, men and children began streaming into San Antonio's Alamodome's east parking lot before sunrise, April 1, ready to run, walk, be pushed or carried in the ninth annual Susan B. Komen San Antonio Race for the Cure.

Among those 30,000 was a team of 35 members of the Air Force Services Agency, led by Cathy Edmonds, a veteran of 5 years of supporting this run/walk, raising money for cancer research.

"We do it because we care," she said, "and it supports a great cause. When cancer strikes one of our own, it really hits home and

make the reality of this dreaded disease more meaningful."

"It's just the right thing to do," she said.

What started eight years ago with just 800 participants now uses that many volunteers alone. The Services team has increased, as well. Last year, 16 Agency people participated; this year the total more than doubled.

According to race coordinators, the event came off smoothly, with a shining sun, hundreds of volunteers, dozens of sponsors and reminders everywhere of loss, love and hope.



Almost 30,000 people showed up on April 1 for the ninth annual Susan B. Komen Race for the Cure in San Antonio. Somewhere in this sea of humanity are 35 members of Air Force Services Agency. Courtesy photo

## Feeding hungry Airmen

*Eglin Air Force Base, Fla., dining facilities serve three squares per day with a smile despite heavy deployments*

By Amy Zimmer  
96th Services Squadron

Like so many organizations, the 96th Services Squadron's dining facility doesn't get a break when their personnel deploy.

The demand of serving three square meals a day to Airmen here continues, even when half of the team deploys. That's why it took a new vision, coupled with new leadership, to

prepare the dining facilities to once again compete not just for the Air Force Materiel Command Gold Plate and the Air Force Hennessy Awards, but for increased customer satisfaction.

Maj. Thomas Reppart, squadron commander, and Dave Mickler, facilities manager, realized that their vision to "do a better job of providing service to the base," included upgrading equipment at the Oasis dining facility through funds provided by both the 96th Air Base Wing and the 33rd Fighter Wing. Funding, and the assistance of the 796th Civil Engineer Squadron, brought customer satisfaction to a new level.

"We felt the 33rd deserved better," Major Reppart said. "I didn't feel the aging equipment there represented the squadron the way we would like."

After determining what the customers needed, a safer and more sanitary food preparation area plus equipment like a new fryer, charbroiler and pizza display were installed.

Now fighter wing personnel can order hot "to-go" items, such as burritos, hot dogs and pizza at the Oasis.

Funding also provided re-vamped services to the Breeze customers, including a grill and specialty bar.



Tech. Sgt. Dorothy Hansen

Continued on next page





Airman 1st Class Erlene Williamson, 96th Services Squadron cook, measures black pepper to be added to a sauce during the lunch-hour meal. Photos by Senior Airman Mike Meares

## Three squares a day, even when deployments get in the way

*continued from page 8*

Also added were a flat-screen television, portable table speakers and an Internet café.

Senior Master Sgt. Patrick Simmons, food service superintendent, noticed the changes when he returned from deployment. It wasn't just the physical improvements that caught his eye.

"Teamwork developed in the face of adversity," Sergeant Simmons said. "There was camaraderie as they rallied to serve the customer and create a unique workspace that encouraged everyone to excel."

Staff Sgt. Joy Hallie, a reservist serving in the dining facility during her annual tour, saw many changes from the previous year.

"I've seen such a huge difference in morale," Sergeant Hallie said. "Everyone back there (in the kitchen) is working together, joking and laughing; even while they're preparing the food, they are having a good time."

Services personnel are beginning to return home and back to duty here, which will ease the manning shortfalls the squadron faced. But, those returning know they will soon be facing the same situation as the deployment rotations continue.

"I know the team spirit will continue as we rally together to serve our customers," Sergeant Simmons said.



Staff Sgt. Wendell Bowles, Breeze Dining Facility shift leader, cuts chicken to serve for lunch. When many troops deploy, Sergeant Bowles and his crew are left to serve military members their meals.



Photos by Senior Airman Mike Meares  
Senior Airman Patty Munro, Breeze Dining Facility cook, prepares chicken for the lunch-hour meal. Despite heavy deployment rotations, the dining facilities continue to make improvements to the menu and dining atmosphere.



Staff Sgt. Wendell Bowles, Breeze Dining Facility shift leader, cuts lemons for the lemon pepper fish.



Senior Airman Jenna Hart, Breeze Dining Facility cook, wraps up sliced turkey at the dining facility recently.

# Air Force Association names SVS 2006 Team of the Year

By Ladd Everitt  
Air Force Association

The Air Force Association has honored Air Force Services personnel with its 2006 Team of the Year Award. The five Airmen selected are representatives of a Total Force Services team numbering close to 8,000 members.

Each year, the Air Force Association recognizes a specific enlisted career field. These are professionals who display superior technical expertise, attract the praise of their superiors, and provide leadership and inspiration to their co-workers.

This year, Air Force Services was selected as the Team of the Year based on their many contributions in support of the warfighter, the in-garrison force, and Air Force families at home station. Their motto, "From the Front Line to the Home Front," resonates as they proudly stand side by side with Air Force men and women, whenever and wherever needed.

The representatives for the 2006 Team of the Year Award are:

**Senior Airman John Hitchens** distinguished himself as a Fitness Specialist with the 375th Services Squadron, Scott Air Force Base, Ill., from July 1, 2005 to June 30, 2006.



Airman Hitchens was the driving force behind the Scott Fitness Center garnering the prestigious "Premier Status Award," recognizing it as one of top 16 facilities in the Department of Defense. As a result of his unmatched professionalism, Airman Hitchens was selected as the 2005 Scott Air Force Base Airman of the Year.

**Airman First Class Nicholas Paulino** distinguished himself as a Food Service Apprentice with the 355th Services Squadron,

Davis-Monthan AFB, Ariz., from Jan. 1 to Dec. 31, 2005.

During this time, Airman Paulino prepared, delivered and served 8,000 hot meals in support of the 162nd Fighter Wing's Western Air Defense Sector and provided 4,000 ground support and flight meals for flightline workers. He is the recipient of the 355th Services Squadron Chef of the Year Award for 2005 and the 355th Mission Support Group Airman of the Quarter for the second quarter of 2005.

**Airman First Class Andrea Quintanilla** distinguished herself as a Food Service Specialist with the 347th Services



Squadron, Moody AFB, Ga., from Jan. 12 to Dec. 31, 2005.

Airman Quintanilla's exceptional performance was critical to the production of more than 500,000 meals while helping the Food Service Operation maintain a 96 percent customer satisfaction rating.

While deployed to Andersen Air Force Base, Guam, in support of the Global War on Terrorism, her positive attitude and teamwork enabled the successful rotation of three B-52s, eight KC-135s and 800 deployed personnel in a timely manner, resulting in the squadron's selection as the Wing Team of the Year. The collective efforts of Airman Quintanilla resulted in her selection as the 347th Services Squadron

Airman of the Year for 2005 and her nomination as the Air Force Special Operations Command Services Technician of the Year.



**Airmen Ashley Sakurai** distinguished herself as a Food Service Journeyman with the 35th Services Squadron, 35th Mission Support Group, 35th



Continued on next page

## 5 chosen to represent Services career field

*continued from page 10*

Fighter Wing, Misawa Air Base, Japan, from Jan. 1 to Dec. 31, 2005.

Airmen Sakurai voluntarily deployed out-of-cycle to support Operations Iraqi Freedom and Enduring Freedom. While deployed, she garnered the 455th Expeditionary Mission Support Squadron Airmen of the Month award for November 2005 for her outstanding customer service as a recreation specialist.

Her contributions were numerous, as she organized more than 60 recreational activities while issuing more than \$12,000 in prizes to increase the morale of more than 10,000 coalition forces.

She was hand-picked by the deployed command chief master sergeant to showcase her facilities and products to the Chief Master Sergeant of the Air Force. She was later coined by the CMSAF for her quality of life improvements.

**Staff Sergeant Heather Schaffer** distinguished herself in the performance of outstanding service during relief efforts

in the aftermath of Hurricane Katrina while assigned to the 153rd Services Flight, Wyoming Air National Guard, Cheyenne, Wyo., from Sept. 2 to Sept. 28, 2005.

During this period, her outstanding professionalism, knowledge, leadership and selfless devotion to duty resulted in the absolute best customer care and quality of life for those personnel deployed for Hurricane Katrina relief efforts at



the Gulfport Combat Readiness Training Center.

Deployed first sergeants relied upon Sergeant Schaffer's expertise as they tracked their personnel. Her boundless motivation and unsurpassed dedication to quality of life issues set the benchmark for all others to emulate.

The Air Force Association paid tribute to these Airmen at the Team of the Year Awards Reception & Dinner at the Key Bridge Marriott in Arlington, Virginia, on May 22.

"The distinctive accomplishments of these airmen reflect great credit upon themselves and the United States Air Force," said AFA Chairman of the Board Stephen Condon. "We couldn't be prouder of the 2006 Team of the Year."



Courtesy photo



Photo by Kemberly Groue

### ***Temporary living facilities before, after damaged units repaired***

The temporary living facilities at Keesler Air Force Base, Miss., received interior and exterior damage from Hurricane Katrina. The interior of these facilities received up to two feet of flood water that damaged flooring, sheetrock and furniture. The exterior of the facilities received damage to gutters, downspouts and roof panels. Repairs began Nov. 1 and were completed in mid-February. They included the removal and replacement of gutters, downspouts, roof panels, flooring and sheetrock. New furniture was purchased and installed. The total cost of the repairs was \$897,862.



## Snapped around Services photo page

### *Where's this?*

Misty Franklin quizzes her students on the playground at the Kelly Field Child Development Center at KellyUSA, Texas, recently. Through construction projects designed to increase the capacity of current facilities and by providing new state-of-the-art facilities where necessary, the Department of Defense plans to meet the growing need for military child care. Photo by Senior Airman Danielle Johnson



### *'Raiderettes' bring fun, morale to Kunsan*

The National Football League Oakland Raiders cheerleaders, the Raiderettes, performed for the Kunsan Air Base, Korea, Wolf Pack recently at the Loring Club. The show included a variety of performances that mirrored a Las Vegas-style show. In this photo, Senior Airman Erik Hammer, 8th Services Squadron, interviews Lorri from the Raiderettes during a show intermission at the Loring Club. Photo by Senior Airman Joshua Garcia

### *Skilled service*

Service technician Paul Mitchell works on a car at the Columbus Air Force Base, Miss., Auto Hobby Shop. The auto hobby shop offers an oil change and tire rotation. Tire balancing can be added. Pick up and delivery is also available. Photo by Pam Wickham





# Eglin Library christens new stash with Battle of the Brains

By Matt Clutter  
Eglin Air Force Base, Fla., Public Affairs

There aren't too many trivia contests that ask participants to use the topographic map of American Samoa to find which island contains an elevation of between 5,000 and 10,000 feet above sea level.

The folks at the Eglin Air Force Base, Fla., Library think you should know ... or at least how to know this answer and more.

Fifteen military members took part in the first Battle of the Brains competition recently to help christen a new flock of computers and furniture the library received. The aforementioned question was one of nine library staffers asked the participants to answer during the contest, an Internet-style scavenger hunt.

"We had our own agenda for getting people here," said Vicky Stever, Eglin library director. "We wanted to make people aware that we are here, show what we have and show the quality of what we have."

That quality has gotten a boost lately thanks to a new paint job, new furniture and the new computers.

"To have everything new at once is amazing," Mrs. Stever said.

The library staff wanted a way to, in a sense, show off the new digs -- "The furniture finally matches," they boast -- and the Battle of the Brains was the perfect way.

"For one, we wanted to introduce the new computer lab and thank the people who gave us the new com-

puters and furniture," said Dorothee Bennett, library technician. "Also, the library has a lot of online resources we're subscribed to and we wanted to introduce these databases."

The computers came from the 96th Services Squadron, while the 96th Air Base Wing donated the furniture. The library also is getting a new paint job thanks to the Eglin Officers Spouse Club.

Tech. Sgt. Ann Kilinski, 96th Ground Combat Training Squadron combat arms instructor, got really familiar with the new computers. She won the Battle of the Brains competition, took home \$150 for her squadron's booster club and also received a "no-limits" library pass for every person in her squadron.

The pass enables unlimited check-outs of DVDs, CDs and magazines. Sergeant Kilinski, meanwhile, won six movie passes for herself.

According to Maj. Tom Reppart, 96th SVS commander, the event was a product of the mind of Mrs. Stever and her staff, one that he wasted no time applauding.

"This is a first-time event," said Major Reppart. "These guys do more good, creative programs than any library around. That makes it fun. The thing that makes us unique is the creative programming."

In addition to the upgrades, the library has also received books on Six Sigma and Balanced Scoreboard, philosophies embraced by Maj. Gen. Jeffrey Reimer, Air Armament Center commander.

It's the turning over of a new leaf, of sorts, for the library. Military members will have new and improved access to the library while they sit on brand new furniture to research till their heart's content.

And hopefully, they're searching for something a bit simpler than the elevation of an island on American Samoa, which, by the way, is Tau.



First Lt. Matthew Pope, Air Force Research Laboratory program manager, eyes a question during the base library's recent Battle of the Brains competition. Photo by Matt Clutter

## 66th Air Base Wing Annual Award nominees tour Boston



The monument at the Battle of Bunker Hill. Courtesy National Park Service Historic Photograph collection

By Airman 1st Class Clinton Atkins  
Hanscom Air Force Base, Mass., Public Affairs

Who says hard work doesn't pay? The 26 nominees for the 66th Air Base Wing Annual Award at Hanscom Air Force Base, Mass., are living proof that it does. They enjoyed a week-long adventure of Boston-specific sights, sounds and tastes recently.

The tour was a celebration of the accomplishments of the award nominees for 2005, said Tech. Sgt. Michael

Perreault, 6th ABW executive services noncommissioned officer in charge.

One of the highlights of the day was at the Bunker Hill Monument, for a hands-on review of American History, where the park ranger gave an in-depth briefing about the Battle of Bunker Hill, which resulted in her receiving a standing ovation.

"The way she [the park ranger] told the story was amazing. She really put you in the moment and you experienced the battle," said Shamra Slappey, 66th Services Squadron recreational specialist.

The nominees also received a mini-physical training workout as they climbed the spiraling staircase to the top of the monument.

After visiting Bunker Hill, the group went aboard the U.S.S. Constitution. The tour guide of "Old Ironsides" offered something new even to some of the group members who have already been there.

"It [The U.S.S. Constitution] was an inspiring experience for me. I've been here before, and was expecting the same information; however the stories that the Seaman told us were new and exciting," Ms. Slappey said.

### *Weekend adventure*

Col. Timothy Fletcher, Air Education and Training Command director of Services, listens as Bob Hollenbeck, a marine mechanic for the Lackland Air Force Base, Texas, Outdoor Adventure Park, talks about a bay boat available for rent at LOAC for \$40 a day. Behind the boat is Marlin Clark, also of AETC Services. Colonel Fletcher and Mr. Clark were with a team from Randolph AFB, Texas, that toured Lackland's Services facilities for three days recently in judging for the AETC Gen. Curtis LeMay Services Award for a large base, last won by Lackland in 1987. Photo by James Coburn



# Air Force artists showcase talent in new online gallery

**By Christine Greiner**  
**Air Forces Services Agency**

The Air Force Services Agency Directorate of Programs has opened Air Force Gallery, an online showcase of more than 220 pieces of artwork and photography created by military people and family members in Arts and Crafts centers worldwide.

The Gallery is located on the web at [www.airforcegallery.com](http://www.airforcegallery.com).

An adaptation of the Air Education and Training Command's program that was field tested in 2004, the Air Force Gallery is designed to recognize outstanding artwork and encourage greater use of the Arts and Crafts center.

AFSVA, through base Arts and Craft centers, requested individual submissions, which were forwarded to respective MAJCOMs.

Each MAJCOM was responsible for selecting the best entries from each base and forwarding them to AFSVA to be displayed in the Gallery.

"I encourage everyone to go online and see the work of the many talented members of the Air Force Family," said Greg Trapuzzano, chief of Air Force Arts, Crafts, Tickets and Travel Branch. "It goes to show you that the Arts and Crafts program compliments the military lifestyle."

The Gallery hosts two artistic categories:

Photography and Artist-Craftsman. The Artist-Craftsman exhibit features fine art, textile art, industrial art, and multi-crafts/pattern art. Examples include paintings, quilts, woodcarvings and collages.

The theme for this year's Photography category was "Military Life" and depicts all aspects including on duty, deployed, at home and on vacation/R&R.

Each participant whose work appears in the Gallery receive a commemorative coin

and a DVD that includes all images currently displayed in the Gallery.

For additional information contact The Air Force

Services Agency at 210-652-7118. To view the 2005/2006 Air Force Gallery visit [www.airforcegallery.com](http://www.airforcegallery.com).



**This photograph, entitled "One of a U.S. Soldier's Many Roles," is in the photography section of the Air Force Gallery. It was taken by Russell Cooley, assigned to Charleston Air Force Base, S.C.**



**This painting, entitled "Water Mill," is in the fine arts section of the Air Force Gallery. It was painted by Zola Sawyer, assigned to McConnell AFB, Kan.**



**This photograph, entitled "Orphan Boy," is in the photography section of the Air Force Gallery. It was taken by Master Sgt. George White while stationed at Sato Cano Air Base, Honduras.**



# Teen program kicks off at F.E. Warren

*Teen Center open at new  
community center; Pre-teen  
Center open at youth center*

F.E. Warren debuted a new program recently at the F.E. Warren Air Force Base, Wyo., Community Center, designed for teens, ages 13 to 18 and seventh graders.

Activities provided include pool tournaments, karaoke, video games, a dance competition video game, dart boards, basketball and

volleyball. Special events, such as lock-ins, dances and monthly Teen Supreme Club meetings are in the works.

Operation Night Hoops, a recreational basketball league for teenagers, begins today. This league not only gives teens an opportunity to play basketball and improve their



Staff Sgt. Daniel Penland, 90th Services Squadron In-Door Track NCOIC, shows off one of two brand new televisions at the Teen Center located in the new community center. Also available are computers with Internet connections, a pool table, dart boards, basketball, volleyball, karaoke and more. Photo by Senior Airman Lauren Hasinger

athletic skills, but the chance to learn teamwork and discipline in a healthy, drug-free environment.

The program includes weekly discussions on drugs, alcohol and tobacco, and periodic life skills workshops. This

base-wide event is free, however refreshments are for sale.

Warren also has a pre-teen program located at the youth center for children ages 9 to 12 offering video games, computers with Internet access, pool table,

ping pong and an open gym. The children can also participate in the Fit Factor Program, which encourages physical activity.

The pre-teens have dances, lock-ins and monthly Torch Club meetings at the youth center.



## ***Diamond Rio in Korea***

From left, Jimi Olander, Dana Williams, Gene Johnson and Marty Roe of country band Diamond Rio play for 8th Fighter Wing Airmen Feb. 15. Diamond Rio made their first stop at Kunsan Air Base, Korea, as they sweep through the Pacific playing for service members. The tour is sponsored by the United Services Organization. Photo by Staff Sgt. Josef Cole



*With spring fast approaching, have you checked your derailleurs ?*

## Blue Streak Bike Shop rolls on at Dover's Outdoor Recreation

**By Dave Sawicki**  
436th Services Squadron

With spring fast approaching, bikers are already anticipating another fun filled season of cycling on the trails and roadways of Delaware.

Before hitting the trails there are some important maintenance things to check to ensure a safe enjoyable experience. Things to check are pedals, crank arms, handlebars, seats, brakes, shifters, derailleurs and wheels and rims.

One way Delaware bikers make ready to roll safely this summer is

by bringing their bikes into the Dover Air Force Base, Del., Outdoor Recreation's Blue Streak Bike Shop.

The shop, in its second season, has evolved from a small "fix a flat" operation into a full service shop that offers complete maintenance and tune up services for all makes and models of bikes.

The Outdoor Recreation Blue Streak Bike Shop has top of the line tools to work on everything from the \$40 department store bikes to \$4,000 custom rigs.

The shop also has a full service retail operation for parts and components. If there is a part a

customer needs and that is not in stock, the shop can special order most top of the line name brand items at competitive prices, which can be delivered within 48 hours.

There are currently two fully trained mechanics to assist our customers with most maintenance needs.

The shop offers everything from basic services such as fixing a flat, truing a wheel, to more technical work such as complete component upgrades and rebuilds.

Basic tune ups begin at \$30 (plus parts) and include a mechanic examining the entire bike, checking tire pressure, adjusting shifters, derailleurs, brakes, degreasing and re-lubing the drive train and lubricating all cables, pivot points, as well as tightening up all parts and components.

They also offer specific maintenance work such as wheel truing, fork maintenance, hub, bottom bracket and headset rebuilds as well as full advanced tune ups which include all of the above listed items followed by washing the bike before returning it to you looking brand new.

"With most repairs, completion times will vary depending on the complexity and nature of the repair; however, most basic tune ups can be completed within 24 hours," said Chris Rosebrooks, Equipment Checkout Recreation Aid.



Dave Sawicki, 436<sup>th</sup> Services Squadron Outdoor Recreation manager, makes adjustments to a mountain bike at the Outdoor Recreation Blue Streak Bike Shop. Mr. Sawicki says there are important maintenance items to check to ensure a safe and enjoyable biking experience this spring. Photo By Danielle Wilkinson

# MSU, AF team up for executive education

Editor's note: This article is reprinted by permission from The Hospitality Business Leader

For the fourth time in five years, the U.S. Air Force Services Headquarters has sent business operations managers from bases around the world to attend the Air Force Advanced Business Management Program at Michigan State University. Coordinated by the Broad School's Executive Development Programs and MSU, this year's program differed slightly from years' past, involving not just Air Force club managers, but golf managers, bowling managers, and flight chiefs – who oversee the entire base food service, morale, and welfare operations – as well.

With a broader scope and Air Force executives with greater responsibilities, the curriculum was tailored specifically to the 19 operations managers from bases ranging from Texas to Ohio, and from California to North Carolina.

The group arrived on campus and attended a welcome reception and dinner in their honor. The next day began the intensive two-week series of classes and presentations, with examinations at the end of each week, and team projects and presentations rounding out the attendee's curricula.

Because the majority of the instructors for this executive education program come from

MSU, the partnership over the years between the Air Force and MSU is increasingly strong. And the course offerings and instruction parallel the excellence and rigor offered to school students during the academic year. For example, the

Air Force business managers take Michael Kasavana's course on Technology Management and Bonnie Knutson's sessions on Marketing and Customer Service.

Jeff Elsworth and Ron Cichy teamed up to teach sessions on training methods, and internal controls. School Instructor Theda Rudd taught human resource management, and Chef Allan Sherwin impressed the participants with his expertise in food production.

Ray Schmidgall, Chef Sherwin, and Jeff Elsworth also provided a course on the current trends in beverage and food management, and School Instructor Dick Bruner taught business trends and facilitated two field trips: one to the University Club of MSU, and the adjacent Henry Center, and the other to the Oakland Hills Country Club. Dr. Schmidgall was the professor for the financial planning, budgeting, and analysis portion of the program, and Dr. Cichy spoke on strategic planning, teamwork and leadership dynamics and service excellence. Even the University Club Fitness Center helped out, offering by its director a session on healthy lifestyles.

Dr. Ron Cichy and the faculty were impressed by the caliber of the participants.

"These students were very dedicated," he explained. "They have been hand picked to attend by the Air Force bases and Headquarters, so we already knew they were serious about their work and professionalism. But even with the intensive sessions all day, they would work long hours on their team projects each evening, and

into the night. Ultimately, their dedication and work showed: the project presentations were the best we have seen, and so were their exam scores." He went on, "The partnership we have with Air Force Services is mutually beneficial. Certainly, we're confident that the participants learn a great deal and adapt that knowledge to their work environments. But our professors have the advantage of working with capable professionals from all over the country, each with a different work situation and set of circumstances. They challenge us and lift us up, as well."

Indeed, the team projects over the two-week period bear out the intensity of the program overall. One team was required to present a case study on opening a new, full service restaurant. Another team worked on a new banquet and catering facility, and another a new bowling center. The other two teams worked on a new golf course, and a fast, casual, limited menu restaurant.

In each presentation, team members had to develop a marketing plan and a description of operational details such as the style of service, staffing practices, food and beverage offerings, control procedures, revenues and expenses, and more.

And remember, this project was in addition to all-day courses, and had to be accomplished in less than two weeks!

Perhaps the most gratifying aspect of the program is its logical application to the participants' real-world situations. One club manager

**Continued on next page**



### **Winter Fun Festival**

Courtney Knickerbocker helps Darryn Salinas pin the carrot on the snowman during the Minot Air Force Base, N.D., Winter Fun Festival at the Youth Center recently. Photo by Airman 1st Class Christopher Boitz

## ***Air Force sends managers to university***

***continued from page 18***

noted that the program "did an outstanding job meshing several work related topics together," and several commented that they would use the sessions on strategic planning and vision in their operations.

The team project was also relevant. Team members agreed that the projects helped them focus on "specific training needs in their operations," and that they would use not only their own team projects in their work situations, but also what they learned from others' projects.

Overall, it was agreed that the projects were important in blending experiences and building new ideas. In fact, enthusiasm for the program was such that participants, when asked, said they would highly recommend it to other Air Force business managers under consider-

ation for the program next year. But some went beyond suggesting it for business managers. They believed that their service directors, marketing directors at the base levels, and all majors from all levels should also have access to it!

At the closing ceremony, Alex Cruz, representing the Air Force Services Headquarters, which funds the program, addressed the graduates. He discussed the increasingly competitive and complex world of the business and club management at Air Force bases around the world and the need to have managers who are educated and committed to improvement. He, too, was impressed by the accomplishments of the participants, and by the quality of instruction they received.

"The Air Force Advanced Business Management Program at

MSU is one of the smartest investments we make," he said. "We congratulate the executives who now use that investment and build upon it." The graduates most certainly will. One toasted the program, saying, "MSU and

The School of Hospitality Business were great. I will sing your praises forever and offer a heartfelt thank you for the educational experience of my lifetime."

The Air Force Advanced Business Management Program has already been planned for June 18-30, 2006, at the Executive Development Center on campus, and through this year, a new group of 20 nominees will be selected to participate. For its part, MSU hopes to continue this type of outreach and executive education for a long time to come.

Off we go, into the wild, blue yonder. . .!

# Luke Airmen enjoy Lt. Dan band

**By Tech. Sgt. Janet Haliburton**  
**Luke Air Force Base, Ariz., Public Affairs**

Gary Sinise and the Lt. Dan Band received rave reviews from more than 1,500 Luke Thunderbolts who attended a free United Service Organizations concert recently.

The band played a variety of music from classic rock to current popular tunes.

"I was surprised they covered so many awesome songs," said

Staff Sgt. David Velasquez, 56th Aerospace Medicine Squadron medical technician.

This was the second tour at Luke Air Force Base, Ariz., for Mr. Sinise and the band.

"Incredible concert," said Senior Airman Brandon Fay, an F-16 weapons load team member with the 61st Fighter Squadron. "It was just as great as his last concert."

Mr. Sinise invited some of Luke's youngest family members on stage to rock out with the band.



**Gary Sinise and the Lt. Dan Band rocked Luke Air Force Base, Ariz., recently.**

"It's great to have something free on base to take your family to," said Senior Airman Holly Alafa, 56th AMDS diet therapy technician. "My children and I had a great time. It means a lot to be able to bring your family to things like this. The support (Gary Sinise) gives to the military is great."

For some in attendance it was also a great way to celebrate a special occasion.

"Great concert," said concert goer Allison Simmons. "Today is my son Ethen's first birthday, and we are glad that we came out."

The band "Steal Wool" kicked off the concert as the opening act.

The 56th Services Squadron began planning the concert event in October. There were numerous agencies on base that were involved in the planning, including services, civil engineering, logistics, public affairs, protocol, security forces, maintenance operations, equipment maintenance, medical group and mission support, according to 1<sup>st</sup> Lt. Meaghan Jordan, 56<sup>th</sup> SVS Combat Support Flight commander and wing project officer for the show.

"Additionally, we had great support from Triwest (Healthcare Alliance) and the United Service Organizations," Lieutenant Jordan said.

All the planning and coordination was worth it, according to Lieutenant Jordan.

"I feel the event was extremely successful and very well executed," she said. "The band played many different genres of music that entertained both children and adults well into the evening."



**Mary Helget, 7, dances on stage with Jeff Vezain of the Lt. Dan Band during a United Service Organizations tour here. Children of Luke Airmen were invited to dance on stage and to sing along with the band. Photos by Airman 1st Class Levi Riendeau**



**Violinist Melanie Doane heats up the fiddle strings during a rendition of "The Devil Went Down To Georgia." She received a resounding cheer from the crowd as a result of her fiddlin'— proving she was "worth a shiny fiddle of gold," as the song goes.**





### 'Event'ful

Elvira Patel, Nellis Air Force Base, Nev., Information Tickets and Travel recreational aid, assists Tech. Sgt. Joann Kiewiet, 99th Air Base Wing Safety Office information manager, with tickets to an upcoming event. IT&T is open Monday through Friday, 10 a.m. to 5 p.m., and is located in Bldg. 340. Photo by Airman 1st Class Andrew Dumboski

## Hill gets leaner with 'Loss Leader'

**By 1st Lt. Amber Balken**  
Hill Air Force Base,  
Utah, Public Affairs

The big lights of reality television are coming to Hill Air Force Base, Utah.

Well, not exactly, but the Hess Fitness Center, along with the Health and Wellness Center, are presenting a competition that rivals NBC's television show, "The Biggest Loser."

Hill's version of the weight loss competition, "Loss Leader," is a three-month program that encourages and motivates partici-

pants to lose weight.

The participants are also part of a team, and the teams compete against one another to see who can lose the most weight and be named the "Loss Leader."

The idea for this contest originally came from Col. Sharon Dunbar, 75th Air Base Wing commander, to get people motivated after the New Year and to increase the usage of the fitness centers. Now with more than 145 participants, divided into 29 teams, more emphasis has been

placed on their health and wellness.

"I am just tickled at the age range involved in the program," said Karen Wright, Hess Fitness Center director. "Everything is laid out, all they [participants] have to do is show up and exercise."

The team concept also motivates people, Ms. Wright said.

Classes offered to the participants also cater to the needs of the individual.

They allow the team member to participate at his or her own pace.

Each team is comprised of five participants. Every team member must participate in three classes per week, one HAWC class per week and once a month they must participate in the team classes offered at the Hess.

"Our team got involved initially to pool our employees together and to get involved with fitness," said Jacky Bower, director of youth programs and captain of Team 23.

"I think we continue to participate because of personal reasons," Bower said her

team's morale is up, especially after their first weigh-in when the entire team lost both weight and decreased their body fat.

Each team is required to weigh in weekly. At this weigh in, the actual weight of each team member is taken, along with an assessment of their body fat percentage.

The totals are calculated by the staff and logged for each team.

At the end of the competition, the team who loses the most weight will be named Hill's first ever "Loss Leader."

# Nellis Center offers activities, games

By Senior Airman Travis Edwards  
Nellis Air Force Base, Nev., Public Affairs

Billiards, air hockey, foosball, basketball, baseball, skating, and dancing - not to mention many more activities and programs



Ten-year-old Devante Stevenson, son of Carol and Tech. Sgt. Dennis Stevenson of the 57th Equipment Maintenance Squadron, and 10-year-old Roland Pleasant, son of Roberta Garcia of the 99th Services Squadron, play on the dance machine at the Nellis Air Force Base, Nev., Youth Center during the after-school program. Photos by Staff Sgt. Colette Bennett



School-age assistant Brittany Sannan assists children with arts and crafts projects at the Nellis Youth Center before school.

geared toward children - are offered by the Nellis Air Force Base, Nev., Youth Center, to keep children from the TV watching- potato chip-eating lifestyle.

The 30 staff members who make up the center aid in the development of young children by giving them an opportunity to participate in various sports and activities of their choice.

"We are lucky to have so many programs and games available for the children to experience, especially the games that are not as widely known- like archery," said Carol Padilla, youth director at the center.

Ms. Padilla added that having children in the Nellis Youth Center keeps them off their couches at home and in a friendly, active environment.

The 17,000-square-foot youth center caters to 1,200 dependents from ages three to 18 years old. The center does allow walk-ins, and all dependents need to do is come in with \$3 in-hand and they can use the services the center has to offer within the hours of operations.

For teens the hours of operations are Mondays through Thursdays from 3 to 8 p.m. and Fridays and Saturdays from 3 to 10 p.m. Pre-teen hours of operations are Mondays through Thursdays from 5 to 7 p.m., Fridays from 5 to 8 p.m. and Saturdays from 3 to 8 p.m.



Thirteen-year-old Timothy Davis, son of Staff Sgt. Latonya Williams, 57<sup>th</sup> Equipment Maintenance Squadron component tool kit custodian, shoots a basket during a game of basketball at the Nellis Youth Center during the after school program.

# Col. Bascomb visits 703rd MUNSS

**By Capt. John Ponton  
Commander, Mission  
Support Flight  
Volkel Air Base, The  
Netherlands**

The USAFE Services Division Chief, Col. Emerson Bascomb, recently visited the 703rd Munitions Maintenance Squadron at Volkel Air Base in the Netherlands.

The colonel was there to attend the dedication and grand opening of the squadron's newly renovated dining facility and community activity center. While there, Colonel Bascomb received a mission brief, toured facilities, and conducted an hour long mentoring session

with unit officers, superintendents, and 703rd MUNSS commander in attendance.

The Services team at Volkel contributed significantly to the quality of life for unit members.

In addition to the \$300,000 renovation project, their successes also included installation of a new cardio theater, a children's library, a first-ever ATM machine, an internet café, a playground renovation and a uniform cleaning service.

Additionally, they are in the design phase for a \$240,000 child development center, the first of its kind for a munitions maintenance squadron.

A highlight of the trip was the opportunity for Services troops to enjoy breakfast with Colonel Bascomb, followed by a lengthy interactive mentoring session where he stressed the importance of developing a tenacious commitment to excellence

in exceeding customers' expectations.

He even adjusted his schedule to allow extra one-on-one time with the Services professionals.

Colonel Bascomb made an inspirational impression on the squadron, and left troops of all ranks with a greater appreciation for the Services profession and their significant contributions to the Air Force ability to recruit and retain quality personnel.



From left, Lt. Col. James Hanlon, 703rd Munitions Maintenance Squadron commander; Col. Richard Naughton, 38th Munitions Maintenance Group commander; Col. Alexander Schnitger, commander of the Netherlands' 1st Fighter Wing and Volkel Air Base and Col. Emerson Bascomb, USAFE Director of Services, officiate at the ribbon cutting for the newly renovated dining facility.



Col. Emerson Bascomb, USAFE Director of Services, discusses the day's menu with Catarien Kusters and Haidy Wiltjer, local food workers at the newly renovated Volkel Air Base, Netherlands, dining facility. Photos by Senior Airman Julie Greaser



# Honor Guard represents best of Travis

**By Staff Sgt. Candy Knight**  
**Travis Air Force Base,**  
**Calif., Public Affairs**

"To Honor with Dignity" is their motto.

Representing every member, past and present, of the U.S. Air Force is what they do, for they are Ceremonial Guardsmen.

They are the men and women of the Travis Honor Guard, the 161-member team chosen to represent the men and women of Travis by performing in parades, serving as color guards and rendering the final salute to those who have served the armed forces honorably.

"Being a part of the Honor Guard team takes dedication and commitment," said Master Sgt. Roy Dietz, Honor Guard superintendent.

The team consists of six flights, with 15 to 18 Airmen per flight.

"The flights consist of active-duty enlisted, Reservists and officers from 40

different units and three wings," said Sergeant Dietz.

"It's a very gratifying and humbling experience to be an officer and participate in the honor guard's noble mission," said Capt. Mark Ballesteros, honor guard member from the 60th Air Mobility Wing.

Having a dependable team is a must due to the high demand for Travis Honor Guard.

In 2005, the team performed duties at 648 funerals and 349 military functions in a 45,000 square mile radius in 28 different counties, many times providing these services at least five times a day.

In addition, they performed color guard duties for California major sporting events and also during the NFL's Hall-of-Fame parade in Canton, Ohio.

The team trains many Travis Team members in proper military protocol for retirement ceremonies as well as training local law enforcement and

fire departments how to perform proper honors during a funeral.

"The team also visits elementary schools and local cub scout meetings to teach them flag etiquette and how to fold the flag properly," said Sergeant Dietz.

Becoming a member of the honor guard is not as easy as just completing the application.

All applicant inquiries are directed through the interested individual's first sergeant.

After being selected, applicants go through a demanding week of training where they learn flag folding, color guard duties, retirement and funeral ceremony requirements and precision marching movements.

After the training, the new members receive their uniforms and are assigned to a flight.

According to Master Sgt. Carol Robideaux, honor guard member from the 349th Aircraft Maintenance



**Staff Sgt. Ryan Phillips, honor guard member from the 349th Aeromedical Staging Squadron, salutes the flag during a routine honor guard practice. The 161-member honor guard team performs at funeral ceremonies, in parades and serves as color guards. The team also trains Travis Team members in proper military protocol for retirement ceremonies. Photo by Staff Sgt. Candy Knight**

Squadron, being a member of the honor guard has left a significant impact on her.

"I joined [in 2001] because there was a need. I stayed because of the heartfelt feeling and the gratitude I receive from family members when their love ones are laid to rest with the proper honor, dignity and respect they deserve for serving our country honorably," she said.

Whether it is performing their duties in the cold winter storms, harsh California sun or in front of thousands of screaming fans, Sergeant Robideaux says it is all worth it.

"It is the feeling you get knowing that everyday you have done a good deed and have represented Travis and the Air Force well," she said.



# Hanscom 'salutes' Patriot Honor Guard

By J.C. Corcoran  
Hanscom Air Force Base, Mass., Public  
Affairs



The annual Patriot Honor Guard Awards Banquet was held recently and drew nearly 200 guests, with base dignitaries from both the Electronic Systems Center and the 66th Air Base Wing, in recognition of the important mission of this volunteer organization.

Composed of members from the Active Duty, Reserve and National Guard forces, the honor guard saluted its "best of the best" at its annual affair.

Recipients of this year's top awards included: Honor Guard Enlisted Member of the Year, Senior Airman Tim Taylor and Honor Guard Officer of the year, 2nd Lt. Samuel Lee.

Flight of the Year honors went to Red Flight and the prestigious Lanier Award, named after the late Master Sgt. Lenny Lanier, went to 1st Lt. Hammed Alli, Electronic Systems Center Directorate of Personnel.

Earlier in the evening Col. Tim Ceteras, 66th ABW commander, presented three Air Force Achievement Medals to: 1st Lt. Kristin Denner, Battle Management Systems Group; Lieutenant Alli; and, 2nd Lt. Ramil Berner, Enterprise Integration System Group.

These individuals were recognized for their completion of at least 50 honor guard details and their overall performance as members of the Patriot Honor Guard.

The guest speaker for the evening was ESC Command Chief Master Sergeant, Lisa Sirois.

Chief Sirois congratulated the Honor Guard for its many accomplishments during the past year and challenged them to continue their fine record of success.

Following her speech, Chief Sirois recognized the members of our total force partners from the Air

Force Reserve and the Air National Guard.

Recognizing their contributions throughout the past year, Chief Sirois presented plaques to representatives from the 101st Air Refueling Wing, Bangor, Maine; the 6th Space Warning Squadron, Cape Cod, Mass.; the 158th Fighter Wing, Vermont Air National Guard, Burlington, Vt.; the 439th Airlift Wing, Westover Air Reserve Base, Mass., the 102nd Fighter Wing, Bourne, Mass.; the Northeast Air Defense Sector, Rome, N.Y.; the 109th Airlift Wing, Scotia, N.Y.; and, the 157th Air Refueling Wing, New Hampshire Air National Guard, Pease, N.H.

Rounding out the evening, Colonel Ceteras congratulated the Honor Guard for its outstanding performance during 2005.

The Honor Guard rendered honors at nearly 1,800 funerals, traveling more than 130,000 miles.

"Their contributions to the community and as ambassadors of our Air Force and Hanscom Air Force Base are invaluable," said Colonel Ceteras.

## *Jamming out, boosting morale*

A local band, Ember, performs several original and cover songs during the Airman's Advisory Council's Comedy Bash at the Dyess Air Force Base, Texas, Heritage Club recently. The event also featured comedian Derek Richards. Photo by Senior Airman Aaron Walker



# On the road again:

## *Lakenheath handymen help Airmen in need*

**By Airman 1st Class Michael Hess**  
RAF Lakenheath Public Affairs

One wall at the RAF Lakenheath Auto Skills Center is covered with thank you letters from Airmen and family members. The other wall is outlined by shelves full of old engines. The bays are usually filled with people working on their cars or being assisted by the center's mechanics. Regardless of the time of year, the scene is always busy.

"We have people come in here who can barely turn a screw and others who rebuild engines and automatic transmissions," said Mike Francis, 7-year auto skills center tool and parts attendant.

"If they want to learn, it's good to know a little something about a car. It's better than being by the side of the road," said Joe Harris, auto skills center tool and parts attendant, who has a general vehicle maintenance certification.

"We will help as much as we can," said Gary McCuller, auto skills center tool and part attendant.

However, some repairs are too complex for the average vehicle owner and perhaps too complex for the attendants.

"We try not to let people tear their cars apart, then ask us how to put them back together," said Mr. Francis.

But if someone has the time and expertise, then the auto skills center has the tools and place to park.

"We have the tools and facilities to fix just about anything here," said Mr. McCuller.

There are limitations, such as specialized tools and expertise; however, time should never be an issue with the RAF Lakenheath Auto Skills Center.

"We are open 12-hours a day, from 9 a.m. until 9 p.m. The only day we are closed is Monday. Those are better hours than any base I've been to," said Mr. McCuller, retired Air Force optometry technician.

If 12 hours isn't enough time to complete a big project, then the all-nighter offers an extra day of consecutive work time.

"For the all-nighters, we are open from 9 a.m. Saturday until 9 p.m. Sunday," said Mr. Harris. "The last one was pretty packed."

Generally, all-nighters are where people attempt bigger projects, such as replacing or rebuilding an engine, said the mechanics.

All-nighters are good for any size project, but if making the time is the issue, then most minor repairs can be done by a mechanic for a fee.

The center employs two minor maintenance mechanics, two light conversion specialists and one oil change technician to meet the needs of the customers. Minor maintenance and repairs include brake replacement, radiator flushes and oil changes.

"We get people in here who have done some bizarre things to their



**Joe Harris, RAF Lakenheath Auto Skills Center tool and parts attendant, checks for rust holes in an exhaust system recently. Photo by Airman 1st Class Michael Hess**

cars," said Mr. McCuller. "People have put window washer fluid in the brake fluid, gasoline in a diesel tank and oil in the radiator."

In March, an Airman lost a 4-foot Burmese python in her car and asked the mechanics to help her get it out.

"I am so thankful they were around to save Tyson," said Airman 1st Class Melissa Love, 48th Aircraft Maintenance Squadron electrician.

"That was by far the weirdest situation we had to deal with," said Mr. Francis.

No matter if it's a snake in the car, a fluid cap memory lapse or flat tire, rest assured the auto skills center staff will help get you back on the road.



# Paws, claws, vets

Army Capt. Albert Olexia performs an otic (ear) exam on Dino B015, a retired 89th Security Forces Squadron Military Working Dog. Courtesy photo

**By Staff Sgt. Adrienne Wilson**  
**Andrews Air Force Base, Md., Public**  
**Affairs**

The veterinarian office at Andrews Air Force Base, Md., not only checks the health of pets, but the food people eat and buy here.

The office sees 85 to 110 pets per week from Andrews, Bolling Air Force Base, Washington, D.C., and Anacostia Naval Station, Washington, D.C. The veterinarian also inspects food one to two days each week at any facility where service members may receive food while on base.

The veterinarian and three technicians provide complete medical and surgical care for 38 military working dogs, said Army Capt. Albert Olexia, 89th Services Squadron veterinarian. Only Army veterinarians and technicians provide veterinarian support for all branches of the military.

The veterinarian sees 25 to 30 pets and the veterinarian technicians see 60 to 80 pets a week for sick call, said Captain Olexia.

Any active duty, retiree, Guard or Reserve service member on active duty and their dependents from Andrews, Bolling AFB and Anacostia Naval Station can go to the veterinarian office here.

Basic medical support such as vaccinations, flea and tick control, health certificates and basic illness

management for pets are also completed at the veterinarian office.

The veterinarians also provide zoonotic disease support to Andrews, Bolling AFB and Anacostia Naval Station, said Captain Olexia.

"Veterinary school teaches all about animal medicine," he said.

"Animal medicine includes diseases known as zoonotic diseases. Zoonotic diseases are infections or disorders that can be passed from animals to people. Due to the possibility of passing these diseases in food, it fits in to the knowledge basis that veterinarians have."

With this knowledge, veterinarians conduct food inspections in the local area.

Captain Olexia performs inspections at commissaries, off-base caterers, dining halls, seafood packaging plants, bakeries, ice plants, etc., he said.

"The U.S. Army Veterinary Service ensures the usability and safety of all foods designated for military personnel and dependents," said Captain Olexia.

"Anywhere there is a post or base, there is usually an Army veterinarian," said Army Reservist Lt. Col. John Stott, National Capital District Veterinary Command. "They usually handle all of the food inspections and that's a tremendous amount of work to do."

Colonel Stott has been to an alfalfa farm and to an ice cream

shop to inspect the food, he said.

"I am in the office only about three to four days a week," said Captain Olexia. "I may be at a seafood plant on the Eastern Shore for an inspection or at a Youth Center inspecting the health status of an iguana."

"Every day something memorable happens," said Captain Olexia. "Whether it's working with the military working dogs and the fine Airmen of the 89th Security Forces Squadron or the 18-year-old Airman right out of basic training that brings in his new puppy."

"I truly enjoy the interaction with every Soldier, Sailor, Airman, or Marine that comes in," said the captain. "I try to learn a little bit about every client I see. My job is great because a very concerned client can bring in an animal that's in pretty bad shape and I can prescribe some treatment."

"Then in two to three weeks the owner and pet come back for a re-check and both are happy and healthy. My job is also great because of the diverse mission I have."

Whether people are buying food from the commissary or having their pets checked at the Veterinarian office, the veterinarians and technicians are there to keep them both healthy.



# Brooks duo wins 3rd place in AF talent contest

**By Elizabeth Castillo**  
**Brooks City-Base, Texas, Public Affairs**

After winning first place at Brooks' Family and Teen talent contest, Jessica Turner and Molly James were awarded third place honors in the Air Force talent contest.

Performing "What is this Feeling" from the Broadway musical Wicked, the singing duo had very little time to rehearse for their performance at Brooks, but were able to put together the award-winning performance in one week.

The two girls who knew each other from previous plays at their home base, Lackland Air Force Base, decided to perform together at the Brooks talent contest "just for fun."

"We threw it together within a week, and went through it only twice," Ms. Turner said.

Their performance was strong enough to earn first place honors

and the right to compete at the Air Force competition.

All first place winners from the Brooks' Family and Teen talent contest, along with hundreds of others from different Air Force bases, sent in video copies of their performances to be judged by a panel of professional entertainers. More than 250 tapes from 57 bases were submitted for judging.

"I think it is really good for teens to go into these talent contests," Ms. Turner said. "It helps build confidence and gives you experience for the future."

The talent shows have left a positive mark on the minds of the two teens as well as their parents.

"I'm a really proud and happy parent," said Bill James, Molly's father. "She's my favorite singer, so I'm glad

to see her out singing in front of other people."



Jessica Turner (left) and Molly James perform a duet at the Brooks Family and Teen Talent Contest. The singers won first place and advanced to the Air Force-level contest, where they won third place for the Teen Combined act. Photo by Tech. Sgt. Anita Schroeder

## FROM THE FRONTLINES

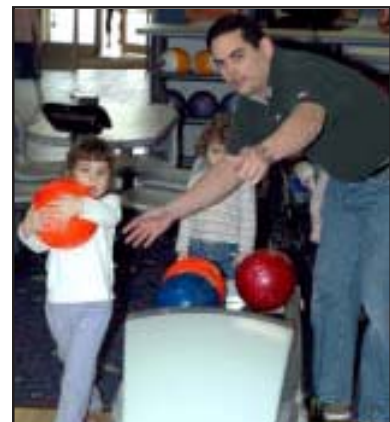
### Breaking the Ice: 401<sup>st</sup> AEW goes bowling

**Story and photo by Master Sgt. Chance Babin**  
**401st Air Expeditionary Wing Public Affairs**

The 401st Air Expeditionary Wing 9/10 folks at Aviano Air Base, Italy, got the opportunity to spend some time together away from the office recently. The group took their act to the Ten Pin Inn bowling lanes for an ice breaker.

Master Sgt. Luis Adams, 401<sup>st</sup> AEW first sergeant, set up the event, along with the Booster Club, while the 31st Services Squadron provided free bowling and shoes to wing participants.

"It was a good opportunity to welcome all newcomers and give everyone a chance to get acquainted with one another in a relaxed environment," Sergeant Adams said.



Lt. Col. Marvin Arostegui, 401st Expeditionary Mission Support Group, commander, directs his daughter Olivia, 3, to the bowling lane as Annalisa, 2, watches.

## Snapped around Services photo page

### Airmen phone home

Don Newland, Offutt Air Force Base, Neb., Club manager, presents 3,490 minutes of long-distance telephone cards to Col. Don Gleason, 55th Mission Support Group commander. The cards are for deployed Offutt Airmen and were purchased with proceeds from a silent auction of sports memorabilia during the Super Bowl party at the Offutt Club. Photo by Crystal Meeler



### Eagle in the hat

Col. Terrence Feehan, 377th Air Base Wing commander, and Col. William Martin, 377th Mission Support Group commander, read to children at the Maxwell Child Development Center at Kirtland Air Force Base, N.M., as part of the National Educational Association's Read Across America program. The program encourages literacy to young children across the world. Not coincidentally, it was also Dr. Seuss's birthday. Photo by Annie McCormick



### Gourmet cooking

Peter Mihajlov, Hennessy evaluator, inspects Airman 1st Class Emily Klauke (left), Airman Kip Holmstead (right), and Staff Sgt. Sabrina Hawkins (far right), 90th Services Squadron, F.E. Warren Air Force Base, Wyo., as they prepare pasta primavera for the lunchtime meal at Chadwell Dining Facility recently. The Hennessy Award recognizes excellence in Air Force food service. Top Performers: Airman Kip Holmstead (Production Chef), Maria Banyi (Fresh Express), Betty Powell (Fresh Express), Leslie Schiele (Fresh Express), Airman Brandon Triplett (Production Chef), Elio Pampanaupa (Fresh Express), Soledad Flannery (Fresh Express), Helen Beaver (Fresh Express), Airman 1st Class Joelina Diaz (Baker), Tech. Sgt. Barbara Herzer (Accounting/QAP), Tech. Sgt. Kristen Salinas (Readiness), Senior Airman Jesse Cepeda-Ochoa (Shift Leader), 2006 Air Force Hennessy Traveler Award nominee: Staff Sgt. Sabrina Hawkins (Shift Leader). Photo by Bernie Ernst

# And the show did go on

**By Janet Taylor-Birkey**  
**Cannon Air Force Base, N.M., Public Affairs**

And the show did go on, thanks to hard-working volunteers at Cannon Air Force Base, N.M..

As she eyed more than 52,000 pounds of equipment waiting to be unloaded and assembled, Senior Airman Shawnta Butler, 27th Operation Support Squadron said, "no way."

Although not realizing all the work that goes into preparing for the Tops In Blue Show, Airman Butler later said it was a good opportunity for her to see what the tour group is all about.

Forty-six Cannon Airmen volunteered to build sets complete with an upstairs dance and lounge area recently at the Marshal Junior High School Auditorium. The stage featured special effects lighting, including 556 lights and more than two miles of cable.

Other Airmen served outside in 28-degree temperatures to direct audience members to parking areas.

Putting a humorous spin on his reason for volunteering to help with Tops In Blue, Staff Sgt. Marvin Morrow, 27th Equipment Maintenance Squadron said, "I can't sing so I figured I would do this."

Turning the humor to admiration for the Tops In Blue team, he went on to say, "It takes a lot of work. I

had no idea how much work it was. It takes a lot of manual labor and then they have to perform and tear down. I give them a lot of credit for doing what they do."

Some might question if volunteers are needed since the performers are so adept at putting everything together and tearing down again, but the team appreciates those laboring alongside of them.

"When we have people out here to volunteer, it really expedites the process and means a lot to us to have anybody," said Senior Airman Daniel Rankin, a Tops In Blue performer from Fort Gordon, Ga. "We can take down the whole set by ourselves, and we have many times, but one or two volunteers makes a difference, let alone having a group like this."

Taking down the stage involves loading all 52,000 pounds of equipment back on the truck, like it came off hours earlier. This year's



**Airman Wardell Wheeler Jr., 27th Services Squadron, pulls down light panels after the recent Top In Blue show at Cannon Air Force Base, N.M. Courtesy photo**

tear down team set a record in having everything taken down by 11:15 p.m., the quickest Tops In Blue has packed up this year, said Lisa Russ, 27th Services Squadron.

She added it was after 2 a.m. last year before everything was packed up again.

Tops In Blue consists of more than 30 Air Force performers plus technicians, and has performed more than 7,000 shows since the program began in 1953. Tops In Blue has 106 performances scheduled for the 2005-2006 tour schedule.



# Airman makes it big with Tops in Blue

## Houston native has been playing guitar since age 12

Airman Amanda Aguilar, 90th Comptroller Squadron at F.E. Warren Air Force Base, Wyo., sat down with Airman 1st Class Brandy Holcepl, 90th Space Wing Public Affairs to talk about her new role in Tops In Blue.

What are you doing for Tops In Blue?

*I am playing the guitar. I am the first female guitarist to join Tops In Blue.*

How and when did you begin playing the guitar?

*My uncle found a guitar in the attic of a house he bought, and gave it to me for Christmas when I was 12.*

Did you teach yourself how to play the guitar or did you take lessons?

*I taught myself for a year, then I auditioned to get into the performing arts high school back home.*

Did you play in any other bands before you joined the military?

*I played in a Mariachi band and a band called the Young Performers, they were a vocal group.*

What were auditions like?

*We were there for 10 days - and they were long days. We would get there around eight in the morning, and sometimes they would keep us there until 1 a.m., so we had a lot of late nights.*

Where will you be traveling to while you are in Tops In Blue?

*We will be traveling to every Air Force base and some deployed locations.*

Did you audition for anything else for Tops In Blue?

*Yes, I auditioned for vocals. When you audition for more than one thing it is called a music specialty.*

How long will you be with Tops In Blue?

*I will be with them for one year. For four months I will be [training] in San Antonio, Texas, and then for the other eight months I will be on tour.*

Where are you from?

*I am from Houston, Texas.*

How is your hometown different from Cheyenne?

*Cheyenne is a lot smaller and colder. I had never seen snow until I came to Cheyenne.*

What is your favorite memory with your family?

*Getting together and playing softball with extended family.*

What is your favorite memory from high school?

*My favorite memory is during my senior year of high school I performed "This Love" by Maroon Five during our lunch hour. We had entertainment during lunch.*

What kind of extra curricular activities did you participate in during high school?

*I played guitar in a jazz band.*

When did you join the Air Force?

*I joined in September of 2004.*

Why did you choose the Air Force over other military branches?

*I got more support from my family joining the Air Force.*

Why did you join the Air Force?

*I (originally) wanted to join the Air Force jazz band. When I couldn't, I decided to join anyway.*

Do you plan on re-enlisting?



Airman Amanda Aguilar plays guitar for her audition for Tops In Blue November 2005 in San Antonio, Texas. Airman Aguilar, a member of the 90th Comptroller Squadron, was selected for the 2006 Tops In Blue tour. Courtesy photo

*Yes, I want to re-enlist at least once.*

What do you do for your job?

*I [work in] customer service [in the finance office].*

Do you like your job?

*Yes, I like it because you get to talk to higher ranking individuals that you wouldn't normally.*

What are your career goals?

*After I finish my time with Tops In Blue, I would like to try and get into an Air Force band. After my time is up, I would like to get into real estate.*

Would you try out for Tops In Blue again when you're done?

*I might, but I can't do two consecutive years because auditions are held during the tour.*

# NEWS & VIEWS PEOPLE

## FROM THE FRONTLINES

### An expeditionary **love** story

By Staff Sgt. Lara Gale  
376th AEW Public Affairs

Once upon a time, a boy and a girl lived at Eielson Air Force Base, Alaska. They didn't like each other.

"I thought he was so arrogant and a ladies man," said the girl.

"I wasn't looking for commitment," said the boy.

Then one day, the boy and the girl deployed to Manas Air Base, Kyrgyz Republic.

That was more than a year ago. Deployed again for AEF 9/10, Staff Sgt. Sandra Coleman and Senior Airman Darrell Coleman returned to Manas AB in January with matching nametags.

Though both are Services specialists, they weren't assigned to the same facility.

But she was assigned to the Dining Facility and both worked nights, so midnight lunch together became a ritual for the two.

It took time to develop into a love story, though, they said. They didn't see each other much after returning to Eielson AFB.

"We didn't think about each other like that, then," Airman Coleman said.

But settled back in at home, they found themselves thinking about each other — a lot.

"After about two weeks, I just missed him," Sergeant Coleman said. "I missed having my friend around."

Fate led them to it, both agree. The unique circumstances of a deployment gave them room to grow a relationship they couldn't have at Eielson.

"If we wouldn't have come to Manas, we never would have gotten together," Sergeant Coleman said.

When he proposed early last year, it was a complete surprise to people who knew them at home.

"At the wedding, one of our best friends said, 'This is a joke, right?'" Sergeant Coleman said with a laugh.

But there are no doubts now.

"The things you see in those love movies- I knew I was going to have it eventually," Airman Coleman said. "What I didn't know was that it was right under my nose the whole time."

This rotation, Sergeant Coleman is working in the learning resource center and Airman Coleman is in the dining facility — and their dorms are in separate buildings. But they've never felt closer, and that may be the best indication they're truly living happily ever after, said Sergeant Coleman.

"It's hard to have him far away, just around the corner," she said. "But we're here together, and that's a blessing in itself."



The Colemans enjoy popcorn and a movie together at Shooter's. Photo by Staff Sgt. Jamie Moss

## Names, faces in the news

### Team Dyess quarterly award winners

First sergeant  
**Master Sgt. Michele Borel**  
 Unit: 7th Services Squadron  
 Job title: First Sergeant  
 Home town: Queens, N.Y.  
 Time in Air Force: 16 years



Goals: To graduate from Embry-Riddle University with a master's degree in the next two years

Civilian category III  
**Randy Naylor**

Unit: 7th Services Squadron  
 Job title: Custom framer  
 Home town: Mt. Vernon, Ohio  
 Time with



Air Force: 15 years

Goals: To grow old with my family and be a great grandfather

### Luke annual awards

The following Luke Air Force Base, Ariz., individuals are 2005 annual award winners:

Company grade officer:  
**1st Lt. Meaghan Jordan**, 56th Services Squadron  
 Civilian (GS-7 and above): **Judy Peterson**, 56th SVS

### ALS graduates Class 06-B

Senior Airman Sandy Thomas, 36<sup>th</sup> Services Squadron, recently graduated from Andersen Air Base, Guam, Airmen Leadership School Class 06-B.

### Kadena Spotlight

Senior Airman **Amanda Shamblin**, 18<sup>th</sup> Services Squadron, Kadena Air Base, Japan, recently graduated from the Erwin Airman Leadership School.

### Spang ALS grad

Senior Airman **Megan Crusher**, 52nd Services Squadron, recently graduated from the Spangdahlem Air Base, Germany, Airman Leadership School Class 06-2.

### Spang 2005 winners

**Alice Fields**, 52nd Services Squadron, senior-level Civilian, for her outstanding achievements in 2005.

### Agency announces Blue Suit winners

The following Air Force Service Agency members were recent 2006 Joe Kellogg Blue Suit Award winners.

Company Grade Officer:  
**Capt. Julio Hernandez**  
 Mobilization Augmentee:  
**Senior Master Sgt. James King**  
 Senior NCO  
**Master Sgt. Timothy Wodtke**  
 NCO  
**Tech. Sgt. Guillermo Salazar-curriel**

### Agency has top grad

**Master Sgt. Timothy Wodtke**, Air Force Services Agency, was a Distinguished Graduate from Class 06B, Senior NCO Academy, Maxwell Air Force Base, Ala. He graduated in the top 10 percent of the largest class (440) in history.

### Arctic Warrior of the Week

**Airman 1st Class Bethany Orsini**

Organization and duty title: 3rd Services Squadron shift leader, Elmendorf Air Force Base, Alaska



Hometown: Athens, Ga.

Hobbies: Volunteering in the community and on base, reading, singing and indoor sports such as bowling, volleyball and shooting pool.

Mission contributions: Prepares and serves hot, and nutritious meals to Elmendorf members.

Time at Elmendorf: Two years

Time in the Air Force: Two years, three months

Best part about being in Alaska: All the beautiful scenery

Photo by Staff Sgt. Suellyn Nuckolls



# Laughlin XLer

**Staff Sgt. Sebastian Aboki**  
47th Services Division

Hometown: Jos, Nigeria

Family: 18-year-old daughter, Leah

Time at Laughlin: 5 years, 2 months

Time in service: 18 years

Greatest accomplishment: Traveled to more than 30 countries on vacation and work

Hobbies: Playing soccer, travelling and learning about other cultures

Bad habits: Procrastination

Favorite movies: "The Color Purple" and "Scarface"

If you could spend one hour with any person, who would it be and why?: Mahatma Ghandi, the original civil disobedient leader. I would ask him how he was able to accomplish his quest for independence from Great Britain while under horrific conditions.

"Sergeant Aboki is an exceptional performer who constantly strives to improve fitness activities and sports programs for our patrons. The Losano Fitness Center continues to receive praises like "Fantastic Facility" by our distinguished visitors"

— Master Sgt. William Mayo, Fitness and Sports Superintendent



Photo by Senior Airman Olufemi Owolabi

## McConnell's Person of the Week

**Tech. Sgt. David Nell**  
22nd Services Squadron  
Commander Support Staff



Nell

From Ava, Mo., with 17 years in the Air Force and two years, six months at McConnell, he enjoys preaching God's Word, fishing, hunting, football, basketball, race cars, reading, remodeling old classic cars, horseback riding and spending time with his wife, Tammy and their five children.

**What do you enjoy most about McConnell AFB?**

I like the fact that it's in a city that has so many things to offer for everyone.

**Why is serving in the Air Force important to you?**

It's a family tradition to serve in the military. Although I'm the first to serve in the Air Force, there has been at least one other family member from each generation to serve in the military since the Revolutionary War. My father was a World War II veteran in the Navy.

**What would you like to accomplish during your career?**

I would like to make master sergeant and complete my Community College of the Air Force degree while making a difference in other people's careers.

**Who is the most positive influence in your life, and why?**

My mother because she was such a Godly influence my entire life. After my father passed away when I was 5 years old, she raised 11 children by herself while always putting God first in our lives.

**What would you like to tell someone who is considering joining the Air Force?**

Go for it. The Air Force can help you accomplish life goals, and it's a great way of life.

Photo by Staff Sgt. Kristine Dreyer

# Eleven win Agency quarterly awards

The following individuals won Military Quarterly Awards for the Fourth quarter of 2005 for Air Force Services Agency.

**Capt. Willie Rudd Jr.**  
Company Grade  
Officer of the  
Quarter



**Senior Master Sgt. Margaret Lott**  
Senior NCO of the  
Quarter



**Tech. Sgt Ronald Kapperman**  
NCO of the  
Quarter



Military Annual Award – Fourth  
quarter 2005

**Capt. Julio Hernandez**  
Company Grade  
Officer of the Year



**Master Sgt. Gary Lempka**  
NCO of the Year



Outstanding Civilian of the  
Quarter Category I – Fourth quarter  
2005

**Janet Eckroat**  
Fitness and Sports  
Branch



Outstanding Civilian of the  
Quarter Category II – Fourth  
quarter 2005

**Valerie Baltimore**  
NAF Transforma-  
tion Division



Outstanding Civilian of the  
Quarter Category III – Fourth  
quarter 2005

**Hellaineous Carter**  
Expenditure  
Division



Outstanding Civilian of the Year –  
Fourth quarter 2005

**Michelle Case**  
NAF Transforma-  
tion Division  
Category I



**Shelly Balay**  
Expenditure  
Division  
Category II



**Rick Birnie**  
Systems Support  
Branch  
Category III



# Dining facility operator knows how to win and keep winning

**By Mara Minwegen**  
**Kirtland Air Force Base, N.M.,**  
**Public Affairs**

Robert Vick is the owner of a successful company called Vick's Vittles. He's well known at Kirtland Air Force Base, N.M., for the operation of the Thunderbird Inn Dining Facility. That venture is the most recent of his business and personal achievements.

Mr. Vick doesn't attribute the success of this or any other project to his individual effort alone.

When he was 19 years old, Mr. Vick was studying to be an architect and working at a grocery store. He was assaulted while on the loading dock. The blow to the back of his head with a lead pipe blinded him.

Another blow fell when injuries from a car accident forced him to give up the career as a natural therapy specialist that he had pursued after he was blinded.

He overcame both setbacks to return to the business he knew from childhood, when his parents ran a hotel and restaurant business in the Albuquerque area.

"When you're blind, you're always trying to prove that you can succeed in society," Mr. Vick said.

He gives credit for many of his early accomplishments to the New Mexico Commission for the Blind, which encourages blind individuals with an entrepreneurial bent to develop businesses.

When it comes to the Thunderbird Inn Dining Facility, he said that it's all about the team.

"Everyone helps me do this, it's the entire team. They're the ones who make it work," Mr. Vick said.

And it does work, according to anyone who has eaten at the Thunderbird Inn Dining Facility.

Vick's Vittles took over the dining facility in February 2002. Since then, it has gone from an ordinary military chow hall to the award winning Thunderbird Inn Dining Facility. More importantly, it's a place where Airmen can enjoy an excellent meal in a pleasant atmosphere, he said.

Once again, Mr. Vick gives credit for success to someone else. Tech. Sgt. Montreale Parker of the 377th Services Squadron

shared her military food service experience, and he shared his commercial experience. Together they looked for innovative ideas to improve the dining facility.

"She taught me that it's all about the troops," he said.

The daily operation of the Thunderbird Inn Dining Facility is a combination of efficiency and good spirits. Everything from the dining room to the storage room is maintained on a schedule. The dining area and the food lines are spotlessly clean. The food is beautifully presented as well as famous for its quality.

Belonging to a team that has won the Air Force's highest food service award is part of what keeps the operation running so smoothly.

"The dishwasher isn't just a dishwasher. They're a dishwasher in the finest food service operation in the world. They love being involved in a place that's the best," Mr. Vick said.

Thirty-one of the 50 employees have disabilities in varying degrees. Some are just now learning English. They all work together in a seamless performance.

"Everything we do here is about training," Mr. Vick said.

Every position has been broken down into separate tasks, and each task analyzed. That analysis led to the creation of training materials. The manuals include pictures for those with reading difficulty, he said. Every piece of equipment, every stage in the food line, is labeled with instructions and reminders, clearly stated in print and pictures.

Training videos run above the hand washing sinks and the time clock. An employee can be an expert in his own job, but have a working knowledge of other jobs so that there is never a break in the smooth running of the operation.

Continuous training and maintenance, and emphasis on customer service all sound like a lot of work, but morale couldn't be higher at the Thunderbird Inn Dining Facility.

Lots of that can be attributed to Mr. Vick's participation.

"I'm here. I cook, I clean, I fix equipment, I get my hand in the drain, I weld. I do everything they do," he said.





# CDC teacher wins Golden Apple Award

## *Lead Education Tech worked with children for 22 years*

Tammy Stone, preschool teacher at the F.E. Warren Child Development Center, plays a dinosaur game recently to teach children about color. Mrs. Stone received the Golden Apple Award for excellence in education from CBS Channel 5 News. Photo by Airman 1st Class Conner Elayna

**By Senior Airman Lauren Hasinger**  
F.E. Warren Air Force Base, Wyo., Public Affairs

**Editor's note: Golden Apple Award winner and Romeoville, Ill., native Tammy Stone talked with Senior Airman Lauren Hasinger about the curiosity of children, her future plans and having Channel 5 do a story about her. Mrs. Stone is the Lead Education Technician at the F.E. Warren Air Force Base, Wyo., Child Development Center.**

How long have you worked at the Child Development Center?

*Six years.*

Have you worked with children elsewhere?

*Yes, I have been working with children for about 22 years. I have worked as a Day Care Provider as well as a Preschool Teacher in both military care facilities and private preschools. I have worked in Michigan, Texas, the Azores and Wyoming.*

What is a typical work day for you like?

*A typical work day is so much fun. I get to help children learn through exploring their curiosities.*

What ages are the children you teach?

*I teach 3 to 5 year olds.*

What is the most rewarding part of your job?

*The most rewarding part of my job is knowing that I make a difference in these children's education. Seeing the look on the children's faces when they learn something new is priceless. It's like seeing the light bulb go on above their heads.*

What is the most challenging part?

*The most challenging part of the job is educating the parents on what their child is learning and what is age appropriate learning.*

How do you feel about being awarded the Golden Apple Award?

*Wow! I'm so honored that someone thinks that I am doing*

*something above and beyond my job description.*

For those who may not know, what is the Golden Apple Award?

*The Golden Apple Award is an award for excellence in teaching.*

Have you won other awards?

*Yes, I won employee of the quarter in 2003.*

What was it like having Channel 5 do a story about you winning the award?

*It was an honor, but to be honest, it was a bit embarrassing to be made a big deal over. I come to work every day because I love these kids as if they were my own. I want the best for all of them and, if that means doing more for them, I will.*

What are your future career plans?

*I plan to continue working with preschoolers while I continue to work on my education degree.*

# Whiteman Airman, youths receive Congressional awards

By Meladee Bay  
509th Services Squadron

Congressman Ike Skelton and Col. Eric Single, 509th Bomb Wing vice commander, presented Congressional Awards gold, silver and bronze medals to three Whiteman Air Force Base, Mo., members at the community activities center recently.

Senior Airman Joseph Nelson, 509th Aircraft Maintenance Squadron, and Brandon and Samantha Wielert, son and daughter of retired Master Sgt. James and Teresa Wielert, received the highest honor bestowed upon America's young people for their service to others, initiative and achievement.

Airman Nelson, Brandon and Samantha are among more than 6,500 Congressional Award winners, representing more than 1.5 million volunteer hours performed in community service across America.

Airman Nelson earned the Congressional Award gold medal. He volunteered his time at a variety

of community events at Spangdahlem Air Base, Germany.

The events included helping set up a chess tournament, Christmas parade and bazaars. He organized and participated in base chess meetings and tournaments.

Airman Nelson also worked to improve his endurance and strength for his physical fitness. He was recently deployed as part of Operation Iraqi Freedom where he learned about a foreign culture, environment food and language.

"Being in the Congressional Award program I have bettered myself in many ways," he said.

Brandon earned the Congressional Award silver medal. He participated in a variety of activities that bettered his community and himself, including volunteering his time to the local library, where he assisted the librarians and also helped aid a first grade class.

For personal development, Brandon set and accomplished a goal to place at the Missouri State Wrestling Championships.

In conjunction with his personal development goal, Brandon also created a weekly workout plan that reduced his body fat by two percent and increased his muscle mass by ten pounds.

Samantha earned the Congressional Award bronze medal. She volunteered her time to various causes around the Warrensburg community and Whiteman.

Some of her activities included putting together the base haunted house, organizing a local high school wrestling tournament and volunteering at the elementary school and the Missouri Veterans Home in Warrensburg.

Samantha set a goal of maintaining her honor roll status, which she achieved. Samantha also played on the varsity volleyball team to improve her overall physical fitness.

To gain a better appreciation of nature and her surroundings, Samantha planned and executed a three-day trip to the Ozarks.

"I have learned that volunteering can be a lot of fun," Samantha said.



## Grand opening

Col. James Horton, 354th Fighter Wing vice commander, and Lisa Wallace, Eielson Air Force Base, Alaska, Arts & Crafts Center director, cut the ribbon during a grand opening ceremony recently at the Arts & Crafts Center, located on the first floor of the old credit union on base. Photo by Airman 1st Class Justin Weaver



*A monumental time*

# NCO recalls year on road with Tops In Blue 2005

Tech. Sgt. Robert Cotto got to see the world, and the Tops In Blue team performs at places like Mount Rushmore, giving techies like Sergeant Cotto a chance to goof around a little bit. Courtesy photo

**By Tech. Sgt. Joel Langton**  
JTF-Bravo Public Affairs  
Soto Cano Air Base, Honduras

If Tech. Sgt. Robert Cotto gets a little misty-eyed when the C-130s carrying the Tops In Blue team set down at Soto Cano Air Base, Honduras, it's understandable.

The team arrived that day for a 7:30 p.m. show at the Fire Department.

For Sergeant Cotto, it's the first time he's seen some of the members he spent the last year with, and there will be a little part of him that wishes he were still on the road traveling from site-to-site with them.

There's going to be another part that's thankful he's not on the same brutal schedule anymore either.

He spent 2005 as the team's technical supervisor, where he oversaw the audio, stage, lighting and transportation technicians on the team, and he also drove the team's truck when they were on the United States leg of their worldwide tour.

Every year they make 120 stops around the globe, including every base in the United States and numerous deployed locations like Soto Cano.

Soto Cano will be the team's only Central or South American stop and the 36 hours they spend on the ground here will be a practical vacation for the team, Sergeant Cotto said.

When he toured with the team last year their days often involved arriving at a location at 5 a.m., sleeping for a few

hours, waking up, setting up the stage, performing at 7 p.m., tearing down the stage, showering and catching the next flight out, just to repeat the process again the next day.

"We were on that schedule for 18 days straight," Sergeant Cotto said.

For Sergeant Cotto, that involved a lot of responsibility.

Every show involved 2 miles of cables and setting up 36,000 pounds of equipment.

Sergeant Cotto had to ensure that every light, every plug-in and every bolt was in the right place.

"I even ended up singing background on a couple of songs," he said.

When Sergeant Cotto found out they were coming to Soto Cano, the

Brooklyn, N.Y. native volunteered to be the volunteer coordinator, ensuring the performance hall (Fire Department) is set up, getting the team's luggage in place, helping set up and tear down the stage, setting up ushers and backstage volunteers -- a walk in the park compared to last year.

"I've got the easy part though," Sergeant Cotto said. "Robin Gonzalez has the hard part. She's got a 3-ring binder of things that have to be done before the team ever sets foot on base."



# Journey to fitness provides exciting new life after surgery

**By Janet Taylor-Birkey**  
**Cannon Air Force Base, N.M., Public**  
**Affairs**

Now petite, perky and a size four, Julie Bizer, a Cannon Air Force Base, N.M., Fitness Center instructor, remembers what life was like when she weighed 245 pounds.

"I thought: 'this is it; I'm going to be fat, matronly, ignored by society.' I did not have to put the fat suit on; I lived in it for 10 years," said Mrs. Bizer.

No longer overweight, Mrs. Bizer lives her new life with the enthusiasm of a cheerleader, and with the certification of a fitness instructor, she has the compassion of someone who understands how difficult it can be to lose weight and become fit.

Physical fitness appeared to be impossible for Mrs. Bizer due to various health and precancerous conditions until her doctor suggested bariatric gastric-bypass surgery, a procedure that makes the stomach smaller.

"I know there are people who say [surgery is the easy way out], but I've had previous major surgery and this is the most painful. I'm not here to be the gastric-bypass poster child," said Mrs. Bizer, emphasizing that complications from surgery and other serious health issues may result.

"But at the time I was just barely 40. I have children with disabilities; I didn't think it was fair of me to leave them without a mom," said Mrs. Bizer.

She maintains that health reasons, not vanity, were the driving force behind opting for the surgery.

Even with surgery, one must exercise to maintain weight loss, stresses Mrs. Bizer.

"I gained eight pounds just from sitting around and not exercising," she said, mentioning several celebrities who lost weight with the surgery but later regained it. "If you don't exercise, and you resume your old eating habits, it's not a question of if you will put the weight back on, it's when."

Stressing the importance of getting a doctor's permission before beginning strenuous exercise, Mrs. Bizer added that when joining a class, those with back or neck problems should let the instructor know.

Working up to walking five miles a day was the first step on her journey to establishing a routine that would keep off the weight. Although she walked the same distance before surgery, Mrs. Bizer said she had not yet changed her eating habits and, "[exercise] was with my girlfriends. It was exercise, but not hard-core. You really need to get in there and push yourself."

"I didn't have the confidence to get in a gym yet. I always had that stupid idea that you have to be fit to be in the gym. I wish that I would have had the strength or the courage to come in and maybe I could have lost the weight without the surgery, which would have been a healthier way to do it, instead of

putting myself at risk," said Mrs. Bizer.

The confidence she desired is now seen by her husband, Major Kevin Bizer, 27th Medical Group. "Since losing the weight, I have seen a change in her mental attitude as well as positive outlook on life. It has increased her self-esteem, activity level, and made her a more confident person," said Maj. Bizer.

While she is pleased with her weight and physical fitness level now, she hasn't forgotten where she was. Because of her past, Mrs. Bizer has a high level of compassion for those who struggle with weight issues. "I wish people would not be so judgmental about people who are overweight."

"We all have our issues. I think people look around at people who are fat and point fingers and they say, 'My gosh, if you would just put the [junk food] up.' People who say things like this have no idea how hard it is to lose weight," sympathized Mrs. Bizer. "Instead of being so judgmental and hurtful, help those who need to be encouraged or invite them to a class you are going to so they can meet their goals."





## FROM THE FRONTLINES

# Coming to America

***Airman answers opportunity's knocks  
offered by her new country, Air Force***

Airman 1st Class Yi Liu, 27th Services Squadron, returned to Cannon Air Force Base, N.M., following a deployment to Qatar. Airman Liu came to the United States from China two years ago, became a citizen and hopes to become a Chinese linguist for the Air Force. Courtesy photo

**By Greg Allen, Cannon Air Force Base, N.M., Public Affairs and Maj. Ann Knabe, 379th Air Expeditionary Wing Public Affairs**

When asked if the 12-hour shifts she worked while deployed to Qatar were difficult, Airman Yi Liu merely smiled.

Twelve hour work days don't compare to the 12 years it took for her and her family to be able to come to America. Nor do the opportunities she had in Canton, a Chinese province, compare with what is available for her in America and the Air Force.

"Two years ago I came to America with nothing but a green card in my pocket," said the 23-year-old Airman. "Now I have my own SUV, bought my own laptop and can provide for my mother."

Perhaps more importantly, though, her service in the Air Force helped reduce the time requirements for her to become a U. S. citizen.

This is a necessary step for her to achieve her next goal — to become a Chinese linguist for the Air Force.

"My dream is coming true, step by step," said Airman Liu.

She still carries a pocket translator to help her with her English. After hearing a word she is unsure of, she enters it into her translator. She looks up and says, "That's what I thought it meant."

She said that while she knew some English when she arrived, basic training was a challenge because her training instructors did not let her use her translator.

"Can you imagine what it's like to be deaf and dumb?" she asked, recalling her first days in the Air Force. "That's how it felt in basic training. Not only was I trying to adapt to the tough physical and mental requirements, I was also learning English as a new language."

Although basic training and technical school were challenging,

Airman Liu passed with flying colors, earning her an award for excellence along the way.

Within a year she earned her 5-level qualification, learned how to drive and became a citizen.

Airman Liu now works the night shift at the front desk of the Caprock Inn, answering questions and resolving issues.

For Airman Liu, life in America has been one opportunity after another since her arrival. In her homeland, she said opportunities were few and costly.

"You even have to pay to use a public bathroom in China," she said. "There is so much available in America."

She believes that if she, as a foreigner, can hope to accomplish her dreams, others can as well.

"Don't give up. Nothing is impossible," she said. "It's just a matter of how hard you try. The Air Force will take good care of you if you do something yourself."

## **A Brooks City-Base Personality Profile**

# **Laid back, yet hard at work**

**By Kendahl Johnson**  
**Brooks City-Base, Texas, Public Affairs**

Raising a family is no easy task. And although Pete Peters has a laid-back personality, he tackles his responsibilities as a husband and father the same way he tackles all of life's duties and responsibilities – with energy, enthusiasm and dedication.

When Mr. Peters isn't at home with his wife and five children, he works for the 311th Mission Support Group in Services. He works with Cindy Floyd putting together events and banquets, primarily at the Brooks Club. But he says his "real" job is helping raise a family with his wife, a captain in the Air Force assigned to the personnel center at Randolph Air Force Base.

Together with his wife Capt. Beth Peters, they are raising five children – William, 20; Corinne, 17; Alysha, 16; Laurynn, 10 and Marshall, 5. It's this quintet and his wife Mr. Peters calls "inspirations."

"Pete is a very proud father; he's very family oriented," his wife said. "Family is very important to him, but he's also laid back. He likes to sit back and take it all in. He really enjoys his children. They are the 'apples' of his eye."

Mr. Peters grew up in Roanoke, Va. After graduating from high school, Mr. Peters enrolled in college at Virginia Tech, but after a short time decided to enlist in the Navy instead. He spent 13 years in the service, being stationed in Washington D.C., Whidbey Island,

Wash., and twice in New Orleans, which he now considers "home."

He met his future wife while running the water survival training program at the New Orleans Naval Air Station. She was part of the Air Guard and the swimming coach who needed use of the pool.

"I see this beautiful Airman in blues coming onto my pool deck and I was stricken. She wanted the pool for her swim team. Of course, she got whatever she wanted."

The pair was married not long after.

Although he loved serving in the military, his enlisted career took a blow when he hurt his shoulder. The Navy determined he couldn't properly fulfill his duty requirements, and he received a medical discharge. Discouraged but undaunted, he went back to school and earned a bachelor's degree in communications from the University of New Orleans.

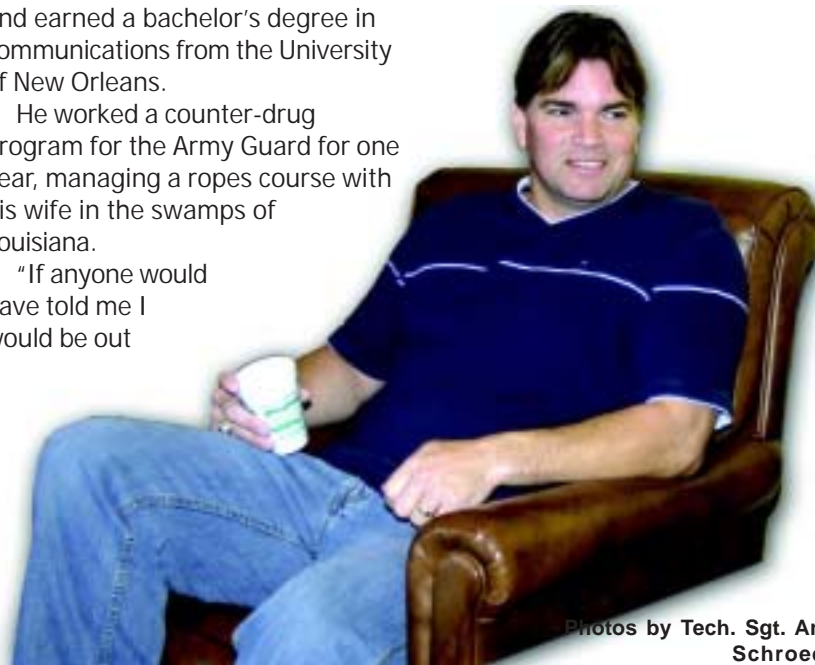
He worked a counter-drug program for the Army Guard for one year, managing a ropes course with his wife in the swamps of Louisiana.

"If anyone would have told me I would be out

in the Louisiana swamplands making ropes courses, I would have thought they were crazy. It was a great experience. We didn't see any alligators, but we battled two water moccasins that didn't like us being there."

As his wife received new assignments, he started working for various base services in numerous capacities, including outdoor recreation, community services and food and beverage. While his wife was stationed in England, the couple coached a swim team that was part of European Forces swimming league.

**Continued on next page**



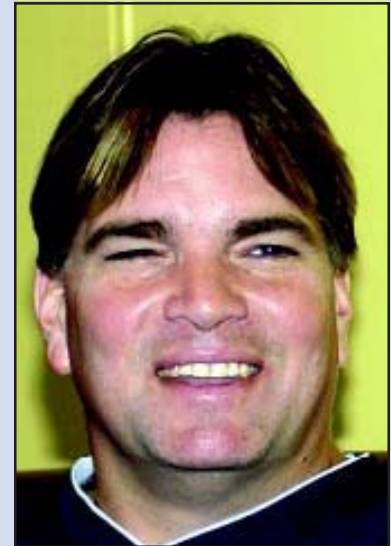
**Photos by Tech. Sgt. Anita Schroeder**





**FULL NAME:**  
Walter "Pete" Peters  
**DUTY TITLE, ORGANIZATION:**  
311th Mission Support Group/  
Services  
**IN SIMPLE TERMS, WHAT DO YOU DO?:**  
I set up events and manage people.  
**BIRTHDAY:**  
Sept. 26, 1963  
**HOMETOWN:**  
Roanoke, Va., but I call New Orleans home  
**FAMILY STATUS:**  
I have a beautiful wife and five wonderful children.

**PERSONAL MOTTO:**  
"Say 'yes' then find a way to make it happen."  
**INSPIRATIONS:**  
As corny as it sounds, my wife and children are always and forever my inspirations.  
**PET PEEVE:**  
Being told "no."  
**HOBBIES:**  
I enjoy golf, softball, volleyball, basketball, swimming/coaching swimming and talking.  
**I JOINED CIVIL SERVICE BECAUSE:**  
I enjoy working within the military community and it makes sense, me being a spouse and all.  
**FIVE-YEAR GOAL:**  
To move on up in the Civil Service ranks then win the lottery.  
**ULTIMATE GOAL:**  
To become independently wealthy  
**IF I WON THE LOTTERY, I'D:**  
As soon as I got back from Disneyland, I would run my own sand beach volleyball club and bar.



**Peters**

**MY MOST PRIZED POSSESSION:**  
My golf clubs since they are all I can truly call my own.  
**MY GREATEST ACCOMPLISHMENT:**  
Earning my bachelor's degree in communications

## ***Pete Peters a laid back family man***

***continued from page 42***

"We traveled all over Europe, seeing it one pool at a time."

Mr. Peters continues to coach swimming today, including four of his five children who swim competitively.

"I am interested in starting a swim team here on base this summer for the local community," he said.

In addition to coaching, Mr. Peters has lots of experience in the food and beverage industry. Following his time with the Army Guard, he was the food and beverage

manager at the Treasure Chest Casino in New Orleans while working on his college degree. He's using that experience to help improve the opportunities for Brooks personnel, including the introduction of the Cup- A-Joe Coffee Shop at Sidney's.

"We want to provide a friendly atmosphere where people can come and relax," Mr. Peters said. In addition to proudly brewing Starbucks Coffee, the shop will also sell frozen drinks and will provide a wireless Internet connection.

"I want to revive the Brooks Club. I really want to kick it up a notch and get it going and increase local interest. We are working our tails off to accomplish this goal. We want to offer more than just a catering service; we want to make it more of an open, party atmosphere."

Whether opening a new coffee shop, coaching his children's swim team, battling poisonous snakes or just playing a round of golf, Mr. Peters does so with energy and enthusiasm. He is a devoted father, doting husband and loyal employee.

# FITNESS & SPORTS

## The games begin: *Youth basketball takes off at Dover Youth Center*

By April Crampton  
436<sup>th</sup> Services Squadron

The Dover Air Force Base, Del., Youth Center began the spring sports season with 150 children playing in the opening day of basketball.

According to Roxanne Lee, Youth Center assistant director, this number includes those participating in our 15 basketball teams and the cheerleading squad.

"Our sports program is designed to be a positive experience for the children," said Mrs. Lee. "Our programs focus on what is best for the children by helping them

develop the motor and cognitive skills and progressing to the fundamentals of the game for children ages 5-12 years old. In addition, we teach the basic fundamentals of cheerleading to children ages 5-12 years old."

Prior to the start of the games, the teams had two weeks to practice and prepare for the opening day.

"We started Youth Center practices by talking about the fundamental of the game," said Gerald Rocha, Youth Center basketball coach for 5-6 year olds. "Later during the practice we would do shooting, passing and dribbling."

"I was happy with the children's performance and good sportsmanship on the court," said Gary Winings, Youth Center director.

According to Mrs. Lee, the games are a total team effort and no one is left out.

"Everybody plays, there are no 'bench warmers'," said Mrs. Lee. "The kids are genuinely encouraged to enjoy the game while getting the chance to develop their social skills and learn to play an organized sport."

"The children couldn't wait for their turn to play," said Mr. Winings.

According to Mr. Rocha, they played a good game, at a slower pace than the older children.

"The kids have shown so much improvement since they started playing and practicing at home," said Mr. Rocha. "They were very excited and happy to have made so many baskets on opening day."



From left, Alden Tonkay dribbles down-court as Tyrus Rose moves in to defend during Youth Basketball's opening day at the Dover Air Force Base, Del., Youth Center. From left in background, Ryan Rizzo, Isaiah Hoffland and Reginald Daniels also participated in opening day games. Photo by April Crampton



## Youth center members play on Spurs' court

Youth center members Maleah Gilchrist (left) and Brianna Ward play basketball at the Randolph Air Force Base, Texas, youth center recently. Photo by Steve White

**By Jennifer Valentin**  
Randolph Air Force Base, Texas, Public Affairs

Four Randolph Air Force Base, Texas, Youth Center members got the chance to take their basketball skills from the courts on base to the courts downtown.

Brianna Ward, Maleah Gilchrist, Brian Ellingboe and Matthew Martinez competed in the Spurs 2ball play the game competition recently held at the AT&T Center.

"It is a free basketball skills competition for boys and girls ages 9-14," said Rey Salinas, youth center assistant sports and fitness manager.

The competition consists of two-person boy or girl teams that shoot for 60 seconds each in their age groups of 9-11 or 12-14.

The two girls won first at the preliminary competition held at the youth center, then they moved to the semi-final competition.

"Because they won the semi-final competition, they earned the right to go on to the competition at the AT&T Center, which was held

before the Spurs game," Mr. Salinas said. "Maleah and Brianna won at the Spurs competition, in their age group of 12-14 years old."

The boys did equally well, Mr. Salinas added. The boys, Matthew and Brian, won the preliminary competition in February in Wilson County, followed by a win at the semi-final competition.

"While at the competition held before the Spurs game, they also

won that, for their age group of 12-14 years old," Mr. Salinas added.

All four children attended the Spurs game that followed the competition.

The youth center staff is extremely proud of these four players, said Rodney Tramble, youth center director.

"They represented our youth center well, showing what outstanding members we have," he said.



### **Drew Carey, soccer fan**

Actor Drew Carey surprised the U.S. Men's Soccer team and fans at a pep rally at the Southside Fitness Center at Ramstein Air Base, Germany, the night before the U.S. team beat Poland. Photo by Airman 1st Class Erin Peterson



## Gut feeling

# Combat Abs drawing energetic crowd at Eglin Fitness Center

By 1<sup>st</sup> Lt. Kristen Duncan  
Eglin Air Force Base, Fla., Public Affairs

At exactly 5 p.m., Monday through Thursday, in the Eglin Air Force Base, Fla., Fitness Center, the basketballs systematically stop bouncing, the music is tuned up and hoards of people on mats start crunching their abs in unison.

The chatter remains high as everyone seems energized, especially with the enthusiastic drill instructor ... er, Combat Abs instructor.

Jimmy Howard, Air Force Research Lab munitions, lab logistics and Combat Abs instructor, counts repetitions and keeps the energy high, changing the various exercises at a fast pace and keeping the music pumping.

The class is not new, although its popularity is growing. On average, more than 50 participants attend from all branches of the service. It began five years ago and has consistently been 30-minute sessions four days a week. According to Mr. Howard, "(Retired Maj.) Gen. Chedister coined the name when he said, 'Are you trying to kill everybody? Looks like combat abs in there.'"

Mondays and Wednesdays are 30 minutes of just abdominal work, with a few push-ups thrown in the mix, while Tuesdays and Thursdays include 20 minutes of wind sprints and 10 minutes of floor abdominal work.

The class developed from methods Mr. Howard used to teach his martial arts students and the numerous Armed Forces teams he has coached.

"This spring, we'll do the sprints over at the track, doing the same type of running ... it accelerates the metabolism, burning more fat," he said.

"Your core muscle group is your foundation," he said. "Anybody can get toned and tight. So don't worry about getting the 6- or 8-pack, just get toned up ... just get fit, everybody isn't going to look the same."

Near the end of the session, Mr. Howard carries an eight-pound medicine ball around and bounces it off people's stomachs as they are holding their feet six inches off the floor.

"When I'm hitting them with the ball, I'm saying you're working out hard, you can say, 'Now I know why I'm here,'" he said. "That ball is just an attention getter. I don't want you to work out hard, and then go home and forget about what you just did, it's a reminder.

"Some of the things we do are still a little challenging, obviously



Fitness trainer Jimmy Howard works his way through his Combat Abs class, one that has become quite popular among military members. The class is conducted Monday through Thursday at 5 p.m. at the Eglin Fitness Center. Photo by Senior Airman Mike Meares

some of them require more than one muscle functioning," said Senior Airman Erin Monaghan, 96th Comptroller Squadron finance cashier. "I just try to do as many as I can for as long as I can."

This is only the third week for Airman Monaghan, but she's done all four days each week.

"I was pretty sore," she said. "It's a good workout, that's for sure."

Airman Monaghan supplements the workouts with cardio at least five times a week and weight training, which she also started three weeks ago.

"It's a lot of fun, give yourself a week to get your muscles acclimated to it," Mr. Howard said. "Your abs are the laziest muscles in your body, so you have to continually work them to see results."

# AFSVA first to enter extramural loser's bracket in first round

**By Michael Briggs**  
Randolph Air Force Base, Texas. Public Affairs

Playing with a lineup depleted by people on temporary duty, the Air Force Recruiting Service used a running offense and swarming defense to defeat the Air Force Services Agency 44-29 in the first game of the extramural basketball playoffs recently at the Randolph Air Force Base, Texas, fitness center.

The extramural league is for players 30 years old and older.

AFSVA had to remain at the gym for a second game, which they won over Air Education and Training Command Computer Systems Squadron, thus eliminating AETC/CSS from the playoffs.

AFSVA was scheduled to play again in hopes of remaining alive in the double-elimination playoffs.

Lonnie Barton converted some key free throws down the stretch to keep AFSVA from mounting a comeback.

AFSVA built an 8-3 lead early in the game, but could not hang with the running game of AFRS, which went on a 12-0 run, mostly on fast break points, to take a 15-8 lead with 12 minutes left in the half.

"We had some good looks at the basket tonight, but they just weren't dropping, and then they were out-muscling us for the ball," said Gary Lott, AFSVA center. "They seemed to be hungrier than us, is what it came down to."

AFSVA got on track for the last part of the half to keep the game close at 24-16 at halftime.

AFSVA did not help its own cause by not getting back on defense and then taking low percentage shots on offense down the stretch.

"We had holes in our zone and turnovers killed us," Lott said.

Lott led AFSVA with 8, followed by Mike Barkster with 6, and Toby Proctor and Charles Crittendon each with 5 points.



Cal Robinson (airborne center), Air Force Recruiting Service center, tries to block a shot by Gary Lott, Air Force Services Agency center, as Robinson's teammates swarm in for the rebound. AFRS dominated the boards to keep AFSVA from getting second-shot opportunities. AFRS won the game by a score of 44-29. AFSVA, however, came back in the nightcap and won a second game over the Air Education and Training Command Computer Systems Squadron team. Photo by Steve White

## 99th SVS dominates 763rd MXS, 80-46

By Senior Airman Travis Edwards  
Nellis Air Force Base, Nev., Public Affairs

The 99th Services Squadron conquered the 763<sup>rd</sup> Maintenance Squadron 80-46 in a recent one-sided intramural basketball game.

The 34 point-defeat was largely due to the talent of SVS' Donovan Cunningham, who tallied 18 points in the game, with his teammate Greg Moore not far behind him with 16. At the end of the first half SVS was on top with a score of 40-17.

One of the players on the MXS team who was trying to put something together was Mike Duckens, who scored 11 points, but was too little, too late and only helped lessen the hurt.

In the second half Alex Archer from SVS offered his talent to the team by scoring 10 points.



Christopher Waits (right) of the 763rd MXS drives in for the layup, while Donovan Cunningham of the 99th SVS Squadron attempts to defend the basketball goal. Photo by Senior Airman Travis Edwards



Seven-year-old Isaiah Adams, 576th Flight Test Squadron family member, lines up his shot with precision as he takes a turn on the putting green at Marshallia Ranch. Photos by Senior Airman Laura McFarlane

## Youngest Hawks reap rewards with Marshallia Ranch Golf4Kids program



The Marshallia Ranch Golf Course at Vandenberg Air Force Base, Calif., received a check recently for \$900 toward its youth golf program. The American Junior Golf Association presented the check to 30th Space Wing commander Col. Jack Weinstein.

Marshallia Ranch is set to host the AJGA golf tournament for the fifth year in a row. The AJGA is a nonprofit organization dedicated to

After two years of playing golf, eight-year-old John Hardy VI, 30th Medical Group family member, has refined his aim to match his strong swing.

the development of young men and women who aspire to earn college golf scholarships through competitive junior golf.

This year, the Marshallia Ranch staff plans to hold two sessions of the Golf4Kids program in July and August. Each session is one week long from 1:30 to 3 p.m. Monday through Friday. Through the program, children are given lessons and instruction on proper golf etiquette. During lessons three through five, the children get out on the course and play four holes. The program provides each participant with a set of junior golf clubs.



# Fitness center gets new equipment

FROM THE  
FRONTLINES

Staff Sgt. Alvin Gonzalez, 727th Expeditionary Air Control Squadron, Det. 1, works out on one of the new stationary bikes at the Sand Blaster Fitness Center. The fitness center recently received 24 pieces of new equipment.

Photo by Staff Sgt. Kristina Barrett



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**By Staff Sgt. Kristina Barrett**  
**506th AEG Public Affairs**

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It was out with the old and in with the new at the Sand Blaster Fitness Center at Kirkuk Air Base, Iraq, with the replacement of 24 pieces of fitness equipment.

The fitness center replaced 8 treadmills, 8 cross-trainers, 1 stair-stepper, 2 stationary bikes and 5 recumbent bikes.

"The equipment was deteriorating," said Tech. Sgt. Dan Borca, fitness center NCOIC. "The belts on the treadmills were worn out and the condition of the other equipment was less than satisfactory."

Due the amount of dirt and mud on Kirkuk, the equipment was deteriorating quickly, according to Sergeant Borca.

"The equipment was very noisy and the belts were squeaking," agreed Airman Jeff Huestis, also from Beale. "We tried to maintain them as best we could but the dirt was fighting against us."

This is good news to Airmen who have made a vow to get fit on deployment.

Most of the fitness center staff, all of whom are deployed from Beale Air Force Base, Calif., have

received training on how to be personal trainers.

In addition, the staff can help people reach their fitness goals, such as weight loss. Staff Sgt. Doug Page not only runs the "Biggest Loser" program at the KRAB, he's also a participant.

"I've been able to lose 13 pounds in just about 1 month," Sergeant Page said. "This is a motivator for me because I am learning to be a personal trainer but how can I teach someone to be fit if I'm not fit myself."

Flyers are available to those who want to start a self-directed program. They contain the basic guidelines for training and have specific topics to help people work on their target areas.

"This is a great opportunity for people to come down and see what we have to offer here," he said. "If they are trying to get fit, we have cardio and strength training equipment to get them going."

The Sand Blaster consists of two modular buildings near the cantonment area. One building holds cardiovascular training equipment, a room equipped with bikes for spin class and a room with mats, for the very popular "ab" class. The second

building houses weight machines and weights to increase muscular fitness. The fitness center is able to accommodate all fitness regimens.

"The fitness center offers self-directed programs to motivate people to work out," Sergeant Borca explained. "We have a computer tracking system where people can log in how many miles they've done. Once they hit a milestone, they let one of the staff know and they receive a t-shirt."

For the competitive spirit, the Sand Blaster has a variety of contests happening through the month, such as bench press, sit-ups and arm wrestling.

"We'd like to invite everyone to stop by the fitness center and see what we have to offer," Sergeant Borca said. "We want everyone to meet and exceed their personal fitness goals."

Also, help us maintain the quality of facility and exercise equipment we offer by putting away the weights and wiping the machine after each use."

The Sand Blaster is open all day, everyday. A schedule of events is posted at the fitness center.

# Fight pattern

## *Free self-defense class teaches women to protect themselves*

**Story and photo by 1<sup>st</sup> Lt. Kristen Duncan  
Eglin Air Force Base, Fla., Public Affairs**

In a free women's self defense class on a recent Saturday, more than 120 women of various ages received martial art instruction from a 7th degree black belt at the Eglin Air Force Base, Fla., Enlisted Club.

Senior Master Emory Morris, who has taught more than 5,000 women about self defense and basic martial art techniques, demonstrated several methods of protection. With the help of 10 black belt instructors sponsored by the American Tae Kwon Do Association, two sessions of women listened to their instruction and hopefully, heeded their advice.

"If you lock your car door, if you lock your house, you're defending yourself — self defense occurs on many different levels," said Senior Master Morris,

Describing the three different levels of self-defense, Senior Master Morris began with the physical level, which is someone's personal space. If an aggressive person approaches a woman and gets too close, if she simply turns her body slightly to the side and raises her hands to about chin level, she can give the man a strong message to back off.

According to Senior Master Morris, turning her body to the side is meant to protect the center line, which is the area from the eyes

straight down the body and is the area most vulnerable to injury. A person's shoulders, arms and legs are much stronger and durable when it comes to physical contact.

The assertiveness level is what is seen and heard. People are constantly making an appraisal of others — how they talk, how they behave. The predators of the world make appraisals of the weak ones in the herd, he said.

"Never give them the power of the setting — control the time, control the situation, control the person," he said. "Say to yourself, you're not going to control me. I'm not going to let you take me where you have everything set up.

The biggest level is prevention. Eighty percent of assaults are based on a violation of a simple safety code, he said, you're stranded on I-10, you didn't lock your doors. Your job is to think ahead.

"Use that 'mom' energy of yours and apply it to yourself," Senior Master Morris said.

That's the philosophy part, now here's the physical part.

First he said, don't be hesitant today, if you are too hesitant, think about this — is your little girl worth it? Pretend like you're defending her.

One of the first rules for escaping a grab or a hold by someone is to always go for the thumb, which acts like an open door, he said. Pull the wrist or arm up through the space between the thumb and fingers.



Senior Master Emory Morris instructs students at a self-defense class recently.

An important pressure point is located by the U-shaped bone at the base of the throat. Pushing two fingers in and down towards the heart can get the attacker to back off, and should cause them to choke, granting the victim precious time to get away.

Separate yourself from your stuff, he said. Your life isn't worth the value of your car or wallet. If approached and robbed, throw a few small bills in the air and run in the opposite direction. The surprise will give added time to get away.

"Distract him and take preventive measures to save yourself — remember to keep the doors locked, know how to change a flat tire and be capable of getting away with self defense," Senior Master Morris said.

The free self-defense clinic may become an annual event, said Theresa Ferguson, ATA black belt and secretary to the 96th Surgical Operations Squadron commander.

"The first class filled up in 40 minutes," she said. "The second class filled up in less than 24 hours."

# Exercise classes core of Patrick Youth Programs

**By Lori Peppers**  
**45th Services Squadron**

At Patrick Air Force Base, Fla., an array of programs and classes are offered to keep children busy, active and healthy.

Instructional courses presented by Patrick Youth Programs are designed to introduce young people

to the concept that exercise can be fun. Programs, including Gymnastics, Junior Jazzercise, and Tae Kwon Do, are offered on a continuous enrollment basis – with enrollment offered as long as the program is being conducted.

"There are many advantages to involving children early in exercise and

other physical activities, the most important being the lifelong health benefits," said Lynne Phillips, program manager for Youth Programs.

Gymnastics coach Dee Reeves is excited about her program. "This activity covers all muscle groups," she said. "The extensive stretching performed prepares the gymnast for other sport. And obviously, the younger you are, the easier gymnastics is."

Ms. Reeves notes that Gymnastics is a great workout for children and youth of all ages. The "Parent & Me" program for infants and preschoolers, ages 18 months to 3 years, and a parent, teaches basic tumbling skills.

Children and youth, ages 4 through 18, participate in age-specific classes that cover basic gymnastic skills, including cartwheels, back bends, and balance. Additionally, classes for Beginners and Advanced Beginners are offered. Junior

Jazzercise is a fun way of combining dance, music and exercise for children. Boys and girls, ages 6 through 12, dance to the beat of contemporary music, while performing aerobics, dance routines and games.

Certified Junior Jazzercise instructor Christine Eatmon said it offers an entertaining alternative for the young person who hates traditional exercise.

She believes exercise has a huge influence on self-esteem and self-confidence.

"Jazzercise changed my life," she said. "I started out a lonely military wife and mommy with no friends in Florida. I was really overweight and unhappy about my health. I began Jazzercise and worked up to four to five times a week. I love it. I've become a much happier person, made new friends, improved my health, and lost 55 pounds. I feel like I get up every-day and go to a dance party!"

Training the mind and body through mental and physical challenges, self-defense, strength, self-control, focus, confidence, self-esteem and positive attitude – only a few of the benefits that are derived from practicing the ancient martial art of Tae Kwon Do.

Fourth degree certified instructor Ben Codallo said he believes Tae Kwon Do affords kids, five years of age and older, a different type of discipline.

"They need to know its okay to struggle to reach a goal," said Mr. Codallo. "Because Tae Kwon Do is typically not a lifelong pursuit for kids, I try to impart life skills, such as courtesy, respect, self-discipline, and self-control, qualities that will spill over into other areas. I like to have fun; and kids see that discipline doesn't always require seriousness. I only have them twice a week and they have to find ways to apply what I've taught them."



**Certified Jr. Jazzercise instructor Christine Eatmon, wife of Staff Sgt. Jamey Eatmon, a firefighter with the 45th Civil Engineer Squadron, leads a warm-up dance routine. Youth Programs at Patrick AFB offers children a variety of nontraditional exercise alternatives. Photo by Nancy Watts**

## *Snapped around Services photo page*



### *Mirror image*

Civilian Casey Johnson follows the lead of step instructor Cindy Adair during the step class held at the Columbus Air Force Base, Miss., Fitness Center. Various classes are held between 9 a.m. and 6 p.m. Monday through Friday.

### *Balancing act*

First Lt. Liz Latella (right), 8th Civil Engineer Squadron, performs "the dancer" during yoga class recently at the Kunsan Air Base, Korea, Fitness Center. "Yoga helps to improve balance, flexibility and strength," said 1st Lt. Brooke Brander, the Kunsan yoga instructor. "This is a total body workout that helps relax you after a hard day's work." Photo by Airman 1st Class Stephen Collier



### *Drive time*

Linda Sharp looks for new golf clubs in the golf pro shop at the Sunrise Vista Golf Course at Nellis Air Force Base, Nev. The pro shop is open from 7 a.m. to 4:30 p.m. Photo by Tech. Sgt. Demetrius Lester





### **Ace in the hole**

George Stansell made a hole-in-one recently at the Silver Spruce Golf Course's hole 17 at Peterson Air Force Base, Colo. Hole 17 is a par 3, 148 yards. He said he wasn't scared off by the prediction of temperatures in the low- to mid-40's that day. "Even at 40 degrees, as long as there's no wind, it's a perfect day for golf," Mr. Stansell said. His hole-in-one is the first of the year at Silver Spruce. Photo by Margie Arnold

# Andy Athlete

**Carlos Colon Jr.**

**Sports association:**

Currently intramural basketball.

**Unit:**

36th Services Squadron

**Playing time:**

Always been an active intramural sports player played volleyball for 10 years and boxed for three ears.

**Sports introduction:**

Grew up playing softball, football, and watching boxing.

**Enjoys:**

Keeping fit and active by playing intramural sports and boxing.

**Hero:**

Lance Armstrong because of his commitment and unwillingness to quit.

**Favorite Teams:**

New York Giants and the Florida Gators.

**Advice:**

Always challenge yourself, you will discover new possibilities.

**Routine:**

Does push-ups, sit-ups and runs for physical training and stays active in intramural sports.



Photo by Airman Evan Carter

# FitFactor equals fun for Hurlburt children

**By Staff Sgt. Mareshah Haynes**  
**Hurlburt Field, Fla., Public Affairs**

Recently, the Air Force designed a program to make its force fit to fight. Now the Air Force has expanded its fitness goals to children of Air Force members with the FitFactor program.

Hurlburt Field's youth program is looking for children ages 9-18 years old to enroll in the Air Force's FitFactor program. The FitFactor program allows children to earn points and prizes for the physical activities they are involved in and for their healthy eating habits.

There are five different color-coded levels in the program that children can strive for. The levels are energy, strength, agility,

adventure and endurance. Participants win a bracelet and pen according to their level.

If a child logs in at least 500 points per month, he or she is eligible for a bonus prize drawing twice a month.

Other prizes include FitFactor backpacks filled with goodies.

"They can get points for just about anything that gets them up and moving, said Stanley Drew, school-age program assistant and FitFactor point of contact. "They can even get points for vacuuming or helping around the house."

"The kids love it, and I can see the difference in them. There is one girl in particular who has more energy since starting the program, and she's more eager to participate," Mr. Drew said.

"Currently, the enrollment for Hurlburt Field is at 83 children and the youth program has a goal to have 100 children enrolled by the end of April," said Mr. Drew, youth programs director.

Hurlburt Field has the highest enrollment in Air Force Special Operations Command and their numbers rival those of bigger bases.

The program runs all year long and starts over in October. Parents can sign their children up for FitFactor at [www.afgetfit.com](http://www.afgetfit.com).

The site tracks the child's progress and notifies the FitFactor point of contact of the progress each child is making.

Participants can visit the youth center to pick up their prizes.



**Asysiah Drew (above) brushes up on her soccer skills while she bunts a soccer ball. Children who use the youth center before and after school participate in activities like these. The children's parents can log these activity points toward their goals.**



**Indya Drew (left) hula hoops her way across the gym floor at the youth center at Hurlburt Field youth center.**



# Eglin Youth Center opens new fitness room

**Story and photo by  
Amy Zimmer  
Eglin Air Force  
Base, Fla., Public  
Affairs**

Youth can spring into fitness with the grand opening of the Eglin Air Force Base, Fla., Youth Center's fitness room.

Equipped with state-of-the art machines set up in a workout circuit, this place will provide Youth Center members and their parents with the opportunity to "get fit and get healthy," two of the three tenets of the Air Force's "Fit

Factor" program.

Although unrelated, both Fit Factor and this new fitness space try to address the issues of youth fitness and health, especially the rising concerns of childhood obesity, loss of bone density, especially in girls, type II diabetes in children, and increasingly poor nutrition habits.

"We have teamed with the HAWC to select the right equipment for this room," said

Terry Evans, Youth Center Sports and Fitness director.

The Youth Center team members, re-inspired after an Air Force-wide meeting about the Fit Factor initiative and a trip to the Fitness Equipment Expo, found leftover money in their budget to bring this idea into reality. As they designed the room and chose the equipment, Ms. Evans conferred with the HAWC and the Base Hospital to discover what



**Alison DeCaro, Health and Wellness Center fitness program manager, demonstrates an exercise machine to children at the youth center.**

was essential for fitness geared toward this young audience.

In the process of this teamwork, the hospital notified

Ms. Evans of the need to educate the public, especially girls and women, on the danger of bone-density loss and on the enormous benefits of high-impact exercise, the kind provided by these fitness machines, to diminish or eliminate that risk.

In working with these other groups, she established a partnership that would, in the future, allow the hospital to work with their young, obese patients

in the Youth Center's Fitness Room. And, after the HAWC brought the need to Ms. Evan's attention for there to be a place where parents and children can engage in physical activity together, the Youth Center decided to open up the facility for parents of Youth Center members from 5 - 7 p.m., with the future possibility of mothers of infants to use the space during the morning hours.

## ***Hittin' the cardio room***

The Mountain Home Air Force Base, Idaho, cardiovascular room is one of the busiest rooms in the fitness center when the Gunfighters are working out in the mornings and at lunch. However, there is ample space for Gunfighters later in the afternoon. Photo by Senior Airman Sergio Aguirre





## *Snapped around Services photo back page*

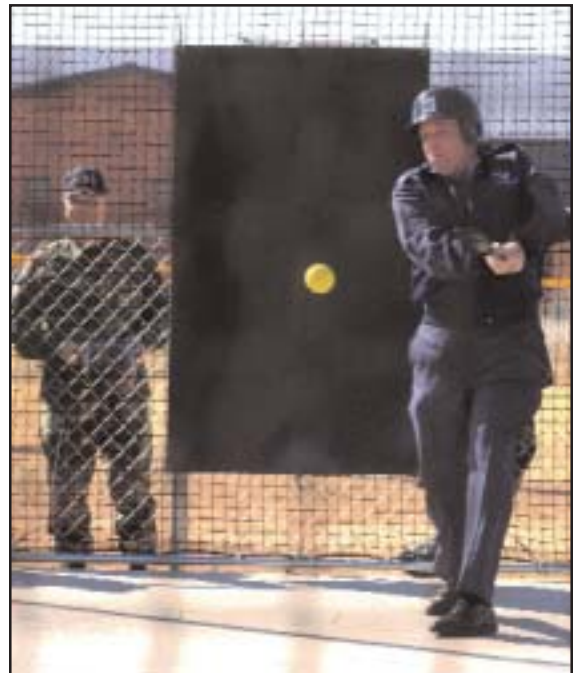


### ***Bowler up***

Airman Matthew Rocheleau (left) and Airman 1st Class Chad Hill, while attending the First Term Airman's Course, chose their weapons for 10-pin craziness during Services day at the Nellis Air Force Base, Nev., 300 Lanes bowling alley. Each FTAC session, Services takes Airmen to many facilities around base to familiarize them with what Services has to offer. Photo by Airman 1st Class Andrew Dumboski

### ***New batting cages a hit***

Col. Garrett Harencak, 7th Bomb Wing commander, tries his luck in the new batting cages at Dyess Air Force Base, Texas, as Chief Master Sgt. Stephen Bush, 7th Services Squadron, looks on. The batting cages officially opened recently and are free to base personnel. Tokens are available at the fitness center and bowling center. Photo by Airman 1st Class Chris Walkenhorst



### ***Jump-starting***

Jerome Wilson makes an attempt to jump rope for the first time recently at the Wright-Patterson Air Force Base, Ohio, Fitness Center as Al Mattison watches the effort. Mr. Wilson, a retired civilian, did not jump rope as a child and wanted to learn during a demonstration. Mr. Mattison, a jump rope enthusiast, offered instruction on the basic techniques. Photo by Spencer Lane